
BBC
goodfood
Middle East
March 2021
DHS15
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Homemade
BRUNCH
• Blueberry & lemon croissant bake
• Fish tacos
• Full English shakshuka
EASIEST EVER MIDWEEK MEALS
Just for her
Mother's Day dining deals and more
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Restaurant reviews ✷ Guide to freezing food ✷ BBC Good Food Middle East Magazine Awards 2020 winners



Delicious Fruits

Quality's taste

European Fruits: the essential and healthy nutritional choice

Juicy, crunchy and sweet, with bright colors and rich aroma: all the balance of nature contained in a fruit, from the trees of the Greek orchards on your table!

The cultivation of fruit trees has flourished in Europe for centuries, being intertwined with the culture and life of the Mediterranean people. The microclimate of the area with its mild temperatures, the sufficient rainfall and the abundant sunshine offers the ideal conditions, influencing in the best way the quality of the fruits produced in the area.

The experience of the people who are working in their production, combined with the modern scientific methods and the strict standards of quality and control applied in Europe ensure a safe product on your plate, of high nutritional value and unique quality.

During the cultivation and production of European fruits, all legal requirements and safety and hygiene standards of the national standards and international quality protocols (certified by AGRO 2, GLOBALGAP, BRC, IFS and ISO 22000) are fully adopted and implemented.

Apples, Kiwis, Peaches, Nectarines and Cherries from Europe, produced in Greece: Add to your daily diet the ultimate healthy habit!



Griddled peaches with prosciutto & blue cheese

INGREDIENTS

- 4 ripe peaches sliced
- 4 tbsp olive oil
- 100g rocket
- 100g blue cheese, crumbled
- 85g pack prosciutto
- 1 tbsp balsamic vinegar

PREPARATION

Brush the peach quarters with 2 tbsp of the olive oil and grind a little black pepper over. Heat a griddle pan, add the peaches, cooking for 2-3 mins on each cut side until caramelised. Set aside. Toss the rocket in 1 tbsp of the olive oil and pile up with the cheese and prosciutto on 4 plates. Top with the peach quarters. Whisk together the remaining oil and the vinegar, spoon over the salad and serve.

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ENJOY IT'S FROM EUROPE

Welcome to March!



I'm spending most of my weeknights in, enjoying comfort food on the couch and al fresco weekend brunches on the balcony. This issue is brimming with a fantastic selection of quick and easy meals, brilliant brunch ideas (p42) and cosy dishes (p46) to tuck into any day of the week.

Inside, you will also find perfect presents for International Women's Day and Mother's Day, as well as dining offers to treat your mum or a mum friend. You can also show her how much you truly care, by baking an extra-special dessert. Take your mixing bowl out for our zesty showstopper (p38) or try a five-ingredient blueberry and lemon croissant bake (p62).

The March issue also celebrates BBC Good Food Middle East Magazine Awards 2020 winners. Turn to page 75 to see if your favourite brand won.

As usual, we have restaurant reviews, dining promotions, the latest in local producers, and plenty more, for a month filled with sumptuous food and culinary inspiration.

Happy reading.

Nicola Monteath
Editor

WHAT WE'RE LOVING!



"Don't miss our Salsa verde salmon with smashed chickpea salad - a wholesome supper packed with essential nutrients," says Sales manager, Liz.



Digital editor, Serena says: "Looking for a simple way to eat more veg? Try this speedy Fridge-raid fried rice."



"I love Chicken parmigiana! Since I'm always rushed for time, I'll be freezing fillets and following Barney's nifty freezer tips," says graphic designer, Froilan.

BBC goodfood Middle East

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FOUNDER CPI MEDIA GROUP
Dominic De Sousa
(1959-2015)

PUBLISHED BY

CPI MEDIA GROUP
CPIMEDIAGROUP.COM

Head Office:
Media City, Building 4, Office G-08
Dubai, United Arab Emirates, PO Box 13700
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BBC Good Food ME magazine is published by CPI Media Group under licence from Immediate Media Company Limited, Vineyard House, 44 Brook Green, Hammersmith, London W6 7BT.
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March **2021**









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Our recipe descriptions

V Suitable for vegetarians.
❄ You can freeze it.
Not suitable for freezing.
Easy Simple recipes even beginners can make.
A little effort These require a bit more skill and confidence – such as making pastry.
More of a challenge Recipes aimed at experienced cooks.
Low fat 12g or less per portion.
Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
Good for you Low in saturated fat, low in salt.
Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.
Vit C Iron Omega-3 Calcium Folate Fibre
Indicating recipes that are good sources of useful nutrients.
GLUTEN FREE Indicates a recipe is free from gluten.
Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:
P Contains pork.

YOUR SAY

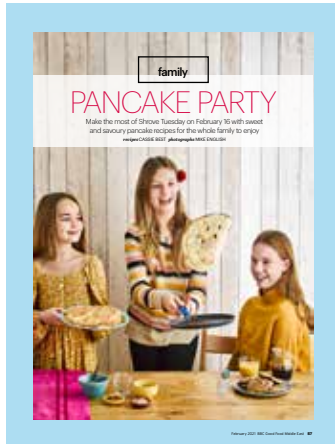
We love hearing from you!

STAR LETTER



My husband and I are teachers, presently working from home providing distance learning to students. During the week, we love to make healthy soups, especially from your selection of recipes. But on a Friday afternoon, tea on the balcony is best. Last month, your Chocolate and raspberry layer cake inspired me to make my version, using a homemade black currant jam. We spent the afternoon listening to cricket and enjoying our cake and tea. Our new motto is 'healthy weekdays, spoil yourself weekends'.

Katherine Rich



The one reason I always wait for this magazine is for the lovely recipes, which gives perfect results. The Red velvet cookies and Sticky toffee banana bread in the February issue were an absolute hit. I also loved the pancake party recipes, which added colour and a fun twist to my usual pancakes.

Razana Parveen



As a cheese enthusiast, I loved the cheese recipes in the February issue. I found an original recipe for a Comte Maamoul, wow! I love Comte so much and maamoul as well - what a great idea! Trying it this weekend.

Ralph Joudet

WIN!

LAKELAND GIFT VOUCHER WORTH AED1,000

Lakeland is the home of creative kitchenware and ideas for around the home. These nifty products make everyday life easier and more enjoyable, whether you're cooking, baking, cleaning, doing the laundry, entertaining, or searching for the perfect gift. The kitchen is the heart of the home, and at Lakeland, you can find everything to help you prepare, serve and store proper homemade food. Household chores are accomplished quickly and without a hassle, with the brand's range of items on hand, each designed to perform brilliantly. *Find Lakeland stores at Mall of The Emirates, Dubai Mall, and Dubai Marina Mall*

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com



TALK TO US!

Email us on feedback@bbcgoodfoodme.com
with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on: **@bbcgoodfoodme**

Or, you could write to us at: The Editor, BBC Good Food Middle East. Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

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kitchen
Polarbox
Polarbox
Polarbox presents its retro-vintage design cooler.
available exclusively at Simply Kitchen stores
Available from SIMPLY KITCHEN stores in Mall of the Emirates, Yas Mall Abu dhabi and Festival Plaza Mall & THINK KITCHEN stores in Dubai Festival City Mall, Dubai Mall, Dalma Mall, Mushrif Mall, Marina Mall Abu Dhabi, Bawadi Mall, Bawabat Al Sharq Mall and BHS Al Ain store.
simplykitchenstores

NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



HYDRATE WITH PURPOSE

Hailing from the Netherlands is EARTH Water, a brand that combines its passion for charity and sustainability to change people's outlook on water. The brand states that "You Never Drink Alone" making people question the one thing we take for granted, clean drinking water. Citing UNICEF, more than a billion people do not have access to safe water. EARTH Water aims to help those in need by donating 100 per cent of their net profits to support sustainable water projects around the globe and to provide clean drinking water for those in need.

However, it's not just the brand ethos that makes people reach for EARTH Water. Each bottle is created at a Dutch water source, Anl'eau, located at the Netherlands' green zone, Hunzedal. Anl'eau, one of the greatest water sources in Europe for clean, pure water, is also a recognised spring well by UNESCO that harks back to over 1,000 years. Choose from the premium glass bottle made with 100 per cent recycled glass, the iconic tetra pack, or recycled PET bottles. All used bottles can be collected on your next order and will be upcycled and recycled.

For more information, visit earthwater.ae



HEALTHIER BAKES

Whether you suffer from food intolerances or just want to make better diet choices, this new launch will sate all cravings for baked goods. LillyBean by PastryBase has made its way to the UAE, offering all-natural, vegan and gluten-free baking mixes in flavours including vanilla bean cupcake, buttercream frosting, chocolate cupcake mix, gooey blondie-brownie mixes and plenty of other guilt-free options.

AED26-30 per pack. Available exclusively at Kibsons.com

THE BEST BITES



Top buy

The next time you order water for your home or office, try Aquaplus, the first-of-its-kind in the UAE, packed in a five-gallon BPA-free bottle. Due to a distinctive purification method, the water takes on alkaline, antioxidant and ultra-hydrating properties, mimicking the way water is processed in nature. This unique process also allows bodies to absorb minerals and nutrients, further encouraging a balanced PH level, while leaving you feeling rejuvenated.

Visit myaquaplus.com

Photographs SUPPLIED

#SUPPORTLOCAL







Hanouna's Taste

TV Chef, food consultant and recipe developer, Hanane Ouaddahou has taken her passion for authentic home cooking a step further, with the launch of Mediterranean spice blends. Want to make tagine, orzo with preserved lemon pesto, or amp up your eggs with a spice kick? Each jar holds the perfect mix of hard-to-find high-quality, fresh ingredients.

Take your pick from seasonings such as dry red harissa, green dukkah, harissa chilli paste, mchermel, preserved lemon mseyer, and ras el hanout, to name a few. Not sure how to use these spices? Visit the website for a selection of creative recipes.

Shop online at hanounataste.com.





For Real Dough

Do you crave freshly baked cookies at odd times of the day? We do, which is why this frozen cookie dough ball concept is perfect for when those sugar cravings strike. For Real Dough's pre-portioned frozen cookies offer gooey, melt-in-your-mouth goodness, in minutes. All you have to do is pop a cookie ball in the oven. You can even bake just a cookie or two and freeze the rest of your stash for later (midnight cravings, anyone?). The best part is, these chunky cookies are available in flavours such as Lotus French toast (vegan option), midnight espresso, Triple chocolate fudge and midnight caramela, amongst others. You can also find cookie pies on the website, for a cosy night in.

Place your order on chatfood.io

WELLNESS FIRST

Fitness coach Rachael Sacerdoti recently unveiled an easy-to-follow online programme for the mind and body. It's SO Simple is a 12-week programme, now available in the UAE, that includes nutritional meal plans, online exercise routines, progress tracking, personal consultation and support via a WhatsApp group. You will also receive a healthy shopping list to follow easy recipe videos such as egg tacos, poke bowls, guilt-free desserts and more.

Visit itssosimple.co.uk



Celebrate Mum

Take the stress out of shopping with these gift ideas for your mum, partner, or a mum friend



This SAID chocolate hamper will sate any sweet tooth. The customizable delivery features everything from freshly prepared chocolate and truffles, to a hot chocolate mix and other decadent goodies.

From AED740 at SAID Dal 1923



Confiserie Sprüngli's selection of decadent bite-sized chocolates filled with organic flavours, makes for the perfect gift for mums. Created specifically for the UAE, the assortment features ten unique flavours matched with either dark, milk or white chocolate, with each bite offering an element of surprise. Try the bittersweet Maracaibo 62% with Maracaibo ganache, dark chocolate filled with passion fruit, milk chocolate with creamy mascarpone, and white chocolate with pistachio, or a tangy raspberry with lemon.

AED6 per piece. Available at Sprüngli boutiques.

Looking for a one-of-a-kind gift? LilleBite offers hand-crafted mini cupcakes made with the highest quality ingredients. The funky, pop art inspired boxes reveal bite-sized treats in flavours such as chocolate chip, cookies and cream, flaming hot and After Eight mint party, to name a few. Boxes are available in various sizes, with gluten-free, sugar-free and vegan options available.

To order, visit lillebite.com





Advertisement feature

This Mother's Day, treat the most important person in your life to something truly special. While you can never go wrong with a card, a piece of jewellery, or perfume, this year, surprise mum with quality family time that she will always cherish.

Perfect for springtime, throw an elegant tea party in your garden or on the balcony in her honour and invite those closest to your heart. Make it a special Mother's Day by preparing delish finger food and light bites to suit both the savoury and sweet tooth. For decorations, style your outdoor area with pastel flowers arranged in beautiful vases, and set up your tea table with Simply Kitchen's exquisite dinnerware range. From sophisticated pots to delicate teacups, the collection features ornately designed cutleries in vibrant, trending colours. What better way to thank the maternal figure in your life than by spending quality time, catching up with a cup of tea in the lovely outdoor sun.

simply kitchen

SPOTLIGHT:

BIG EASY BAR & GRILL

Sited on the first floor of the Els Clubhouse, is this casual eatery best known for its South African concept - fresh off the grill comfort food. The brains behind the menu, Chef Vishal, takes us through his culinary journey and year-round offerings at this legendary hotspot

How did your journey in the kitchen begin?
Me being a chef was unintentional, I always wanted to join the Forces. After graduating, I looked at career options and decided to take up Hotel Management. I was then selected by Oberoi Hotels for a Kitchen Management Training Programme at the Oberoi Centre for Learning and Development, where I trained to be a young chef. I strengthened my culinary base in India whilst working with hospitality leaders like The Oberoi and Marriott. In 2009, I relocated to London to work as Head Chef for The Mint Leaf Restaurants, where I was able to express my culinary ethos of blending traditional Indian flavours with European techniques while exploring local seasonal produce. I came to Dubai in 2012, to work with the Sheraton Dubai Creek Hotel & Towers for the renowned Indian restaurant Ashiana. Ever since, I've worked at La Porte des Indes at The Address Hotel, Dubai Mall, and was entrusted with overlooking the culinary operations of the company`s sister brands, Cafe Rouge and Johnny Rockets. In April 2017, I joined The Els Club at Dubai Sports City.

Describe The Els Club?
It's named after Ernie Els, US Open and Open Championship winner who designed the stunning golf course, taking inspiration from some of the best golf courses he played. The Club opened in March 2008 with 18 holes and a temporary clubhouse. The existing clubhouse was inaugurated in 2012 and it's been recently upgraded with the addition of state-of-the-art Country Club amenities such as a swimming pool and gym. It's also home to 261, an all-day dining restaurant that serves international cuisine and Big Easy Bar & Grill for South African specials.

Big Easy Bar & Grill is a firm favourite amongst families and residents within the vicinity and beyond. What makes it stand out from other restaurants in the city?
The Big Easy Bar & Grill is also named after Ernie Els, nicknamed "Big Easy" due to his imposing physical structure and smooth golf swing. The venue is best described in the Afrikaans word "Gesellig" which translates to friendly, easy-going, lively and cordial.

Big Easy has become a go-to spot for residents, as it's an unpretentious bar and grill. It originates from the Western Cape region of South Africa – inspired by the lifestyle and spirit of Ernie Els – with Dubai being the second outpost to serve classic steakhouse food and top grapes from the Ernie Els portfolio, all in a relaxed setting. The brand is rooted in culture and tradition, not just in the décor but also in the culinary offerings. We serve Prime quality USDA certified meat sourced from approved vendors, and grills with spices, herbs and ingredients from various parts of the world. Furthermore, our menus change seasonally, so there's always something new to try.



More of The Els Club's offerings?
The restaurant boasts three TVs and large outdoor screens for all your sports viewing. You can catch the action on-screen while your family enjoys an al fresco meal out on the stunning terrace, featuring picturesque views of the golf course. The Overlook lounge nestled near the Big Easy restaurant, is a great spot for small events and serves as the perfect retreat for sundowners and nibbles.

Additionally, we are a pet-friendly venue and even serve a special pet menu for our furry friends. On Tuesdays, ladies practice free and get special food and beverage offers. We organize activations for St. Patrick's Day, Easter, Halloween and the holidays. Furthermore, The Els Club also hosts regular Member and guest Corporate golf days and events.

The best way to experience Big Easy.
Definitely the Truly British Carvery menu showcasing chowder, appetisers such as onion and stilton tart and Scotch eggs, to name a few; and roasted beef rib eye, lamb bunny chow, peri-peri spiced grilled chicken and baked Scottish salmon for entrées. Accompaniments include duck fat roasted potatoes, Yorkshire puddings, mash and veggies. Leave room for Eton mess, sticky toffee pudding, apple crumble and decadent desserts.

NEED TO KNOW

The Carvery with a 'Big Easy' twist is available on Friday and Saturday for AED125 per person (food only), AED245 for the house beverage package, AED295 for the bubbly package, and AED70 (inclusive of soft drinks) for children below 15 years old. The restaurant is open from 5pm to midnight on weekdays and from noon to midnight on weekends. For more information, contact +9714 425 1000 or email bigeasy@elsclubdubai.com.

Flavours of the *month*

What's hot and happening around town this month

Terra

Placing sustainability at the forefront of the menu is this newly launched homegrown eatery on Al Thanya Road that offers Mediterranean flavours with bistro-style food. Terra, named after the Latin word for earth, is a laid-back concept that serves wood-fired pizzas and pasta including lobster tagliatelle. Dishes are made with premium ingredients and fresh seasonal, local produce. Some of the umami-packed entrées are short rib with barley risotto, salt-baked sea bass with shaved zucchini and lamb chops with smoked aubergine and harissa.

Contact +9714 388 8582.

The Hidden Hog

A modern bistro bar serving non-Halal products has just opened at DIFC. Expect an elevated traditional European menu featuring traditional charcuterie, slow-cooked ribs doused in smoky BBQ sauce, Parma croquettes, sous vide cheeks and plenty more. The bistro bar also offers a sharing menu, full English breakfast, ladies night and a two-course business lunch.

Contact +9714 364 0126.

Moorish, The Ritz-Carlton Ras Al Khaimah, Al Wadi Desert

Experience the best of tagine at this dining experience in Ras Al Khaimah, where you can tuck into the authentic Moroccan dish with chicken, beef, seafood or vegetables. Perfect for sharing, this meal is complemented by breathtaking views of the Al Wadi Desert Reserve, where the serene and calming atmosphere provides the perfect backdrop to a memorable evening.

March 8-31. AED250 for two. Contact +971 7206 7777.

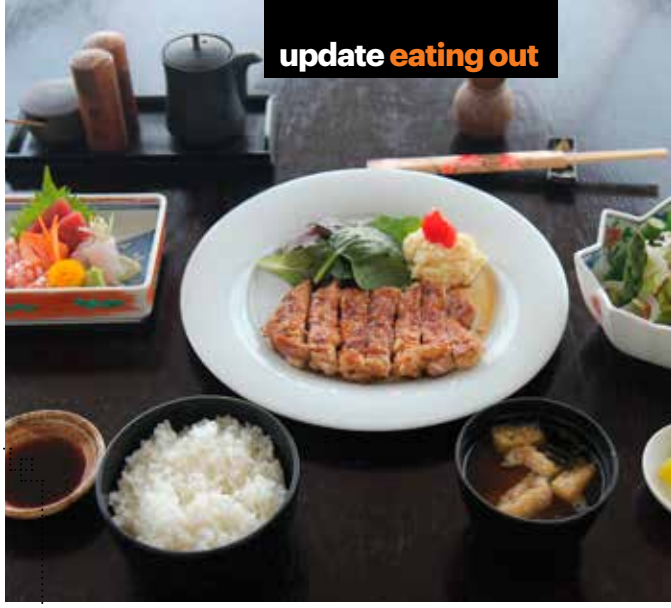
Beluga Restaurant & Lounge

Located at the lobby of Mandarin Oriental Jumeira, Dubai is this exquisite restaurant that serves some of the finest caviar in town. The restaurant and lounge have added new additions to the menu, offering truffle linguine and pizza, bresaola and burrata pizza, Angus beef tartare, spiced octopus and sushi.

Contact +9714 340 8882.

Photographs SUPPLIED

Terra



TOMO

Looking for a quick and authentic lunch, where you can enjoy traditional Japanese fare? TOMO at Raffles Dubai recently unveiled a business lunch menu that begins with a light salad, followed by your selection of mains. Entrées feature juicy beef yakiniku, salmon or chicken teriyaki, and crispy vegetable tempura. Diners can also enjoy the Chef's selection of traditional sashimi, served alongside a rice side dish and pickles. Lastly, save space for dessert.

Sundays-Thursday from 12:30-2:45pm. AED105 per person. Contact +9714 357 7888.



The Ritz-Carlton Ras Al Khaimah, Al Hamra Beach

Celebrate St. Patrick's Day with Irish-inspired beverages, tapas such as Irish potato salad, battered sausage and plenty more. Guests can end their meal with a special ice cream drizzled with caramel sauce, while enjoying the relaxing sound of waves crashing against the shore of the Arabian Gulf.

March 17. AED95 for the sundowner menu and AED220 inclusive of the house beverage package. Contact +9717 204 8888.



RARE, Meliã Desert Palm Dubai

Sometimes, a weekend roast is best left in the hands of the experts. Make your way down to the Portico Terrace on Saturdays, for a traditional roast dinner. The restaurant serves a classic British roast with sides including roast potatoes, parsnips, Yorkshire pudding, cauliflower cheese, mashed carrot, swede and cabbage.

Saturday, 5-11pm. AED125 per person inclusive of soft beverages and 50 per cent off for children. Contact +9714 602 9323.

Hoi An, Shangri-La Dubai

For a delectable selection of Vietnamese dishes, head over to this legendary restaurant that re-opened its' doors earlier this month. The relaxed ambience will immediately put you at ease as you tuck into beef soup, deep-fried prawn spring rolls and Wagyu beef cheek, served on traditional style bamboo platters and lotus leaves.

Contact +9714 405 2712.





Dishtrict

Hotfoot to this newly launched concept at Dubai's Wasl 51 that brings together global cuisines with a contemporary twist. The venue boasts Insta-worthy décor elements featuring a light-up map of the UAE and a custom oversized clock, complemented by sleek marble and gold furnishings. From the Middle East to Malaysia and India to Italy the menu showcases Thai arancini, katsu biryani, dynamite shrimp chaat and blue hibachi rice, amongst other distinctive offerings. The desserts are a must-try too, comprising a classic gulab jamun in cheesecake, Blazin' rose petal and walnut halwa and matcha milk cake.

Contact +97155 961 0966.



The City Grill, The Atrium, Al Habtoor City

Embark on a culinary journey through South Africa as Chef Siraj Hussain introduces authentic new additions to the menu. Stealing the limelight is an indulgent Canadian lobster cooked with saffron, garlic and parmesan. Ranging from appetizers and main course to desserts, there's a wide selection to suit every palate. Try the lemon butter garlic calamari and spiced passion fruit crab roll for starters, followed by espetada, South African grilled boerewors and pap and lamb chops. Vegetarian options include a sumptuous truffle mushroom risotto and tomato basil pasta, amongst other dishes. The menu also boasts an interesting section named Connoisseurs Choice, which includes the catch of the day and a Wagyu beef dish. And to end, indulge in malva pudding or a South African milk tart.

Contact +9714 437 0088.



Roberto's

CATERING REDEFINED

With Roberto's At Home, all your sit-down meals, whether formal or casual, will receive the elevated treatment with Roberto's At Home Catering featuring Roberto's signature dishes, prepared and served in your home by Roberto's impeccable team. With Roberto's At Home, the dining menu is expertly curated by renowned Group Executive Chef Francesco Guarracino, who has made it his mission to make in-home catering more personable, approachable and widely recognized including such dishes like Fettuccine Roberto's, Tortelli al Tartufo and the ever-popular Salt Crusted Seabass.

Each exceptional multi-course menu features pass around canapes, antipasti favourites, creative pasta dishes, exquisite secondi piatti and finally sweet dolci goodness. Roberto's At Home also takes care of cocktail parties where a Chef will attend to a range of canapes from cold and sweet to hot and savoury. And if you're looking for some rare, fresh seafood selection, caviar and oysters' add-ons are sure to please. At-home dining options start at AED 4,000 for 8 people with cocktail party packages starting at AED 800 for non-serviced canapes and AED 2,000 for serviced parties.

+971 4 386 0066 | RESERVATIONS@ROBERTOS.AE

WWW.ROBERTOSRESTAURANTS.COM

Just For Her

Celebrate Mother's Day and International Women's Day



Bijou Patisserie, Sofitel Dubai The Obelisk
Fashion meets food at the launch of Bijou de Perles in collaboration with renowned jeweller Robert Wan, known as the Emperor of Pearls. With Bijou - translates to jewel in French - and the UAE's centuries-old heritage and relationship with pearls, the collaboration brings together a fusion of cultures, design and flavours. This Women's Day and/or Mother's Day, whet your appetite with sweet choux pastry bites, savouries combining local flavours with classic French fare, and desserts with Tahitian vanilla, mango passion and saffron cream, raspberry with yuzu, and chocolate Macao with hazelnut. Completing the experience is a stunning display of edible chocolate pearls on a bust, offering a real feast for the eyes. That's not all, you can also treat the woman in your life to a bracelet adorned with a shimmering pearl.

Daily, 2-6pm. AED145 per person inclusive of tea and coffee and AED660 including the exclusive Robert Wan Pearl bracelet. Contact +9714 281 4111.

The Lounge, The Westin Abu Dhabi Golf Resort & Spa
Treat mum to an afternoon tea with views of the stunning Abu Dhabi golf course. Relish sweet treats, savoury sandwiches and freshly baked scones, as you sit back and enjoy quality time. Mums will also receive a special Mother's Day goodie bag.

Daily from 2-6pm. AED125 for two.
Contact +9712 616 9999.



The Tap House, Club Vista Mare
Whether you're celebrating Mother's Day UAE or UK, take your mum, or a mum friend, along to this special roast dinner that includes three options: a succulent slow-roasted chicken, roast lamb with mint sauce or traditional roast beef with all the trimmings. Each roast is served with unlimited sides including crispy duck fat roast potatoes, perfectly seasoned roasted root vegetables, cauliflower cheese and a giant Yorkshire pudding covered in lashings of gravy. Women get a complimentary glass of bubbly, as well as 20 per cent off when dining with children. Additionally, all kids under the age of 12 dine for free and have a special kid's menu to choose from as well.

March 14 and 21. From AED99 per person.
Contact +9714 514 3778.



Urban Kitchen, Dusit Thani Abu Dhabi
All ladies get 50 per cent off on breakfast, lunch and dinner this International Women's Day (March 8). Gather the special women in your life and head here for a buffet brimming with global and local flavours.

Contact +9712 698 8137.

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Tried & tasted

Our top dining experiences this month



APRONS & HAMMERS

This homegrown favourite has been a go-to spot for seafood lovers ever since they were perched on a boat near Barasti. Rumour has it, that massive boat will be back soon. In the meantime, you can get your crustacean fix at the recently opened beachside spot at West Beach, for that toes in the sand dining experience.

The open-walled restaurant exudes a chic Hamptons-style beach house theme with wicker, striped blue and white fabrics and a cosy ambience that sprawls out onto the wooden deck. It's the kind of spot where you can rock up in your swimwear to hit the beach after, or tuck into a great meal and creative concoctions while soaking in the sun on a lounger. Nevertheless, we highly recommend making a day out of it.

The highlights:

A dozen plump Fine de Claire oysters was our first pick from the raw bar selection, served with a classic mignonette. Unfortunately, the Dibba Bay oysters were sold out - if you do get a chance to try it, opt for local produce. Salt and pepper squid followed, offering a crunchy bite complemented by tangy, creamy tartar sauce.

I was glad to find my all-time favourite saffron cream sauce, on the existing menu, best eaten with mussels. The staff were kind enough to guide us on portions, encouraging us to opt for a small bucket for four to share, since our accompanying order was a large snow crab bucket. Each mussel was beautifully coated with the cream, I was tempted to lick each and every shell. I highly recommend ordering another basket of bread to soak up the moreish sauce.

When the crab bucket arrived, we slipped on our gloves and aprons to get cracking. Each piece, from the core to the claws were overflowing with juicy, fleshy meat. You can order it with several sauces ranging from lemon butter to pepper cream, Provençal, spicy chilli and various others. The Old Bay butter was our seasoning of choice, which offered smoky and peppery notes with hints of paprika and subtle flakes of celery salt. We also ordered a small portion of paella, good enough for three-to-four, that was beautifully presented with a generous assortment of squid, fish, mussels and veggies. I must admit, it wasn't as authentic as I expected it to be. Nevertheless, it was a great slow-cooked rich dish.

The brand's signature dessert isn't what you would opt for after a heavy meal, but it's worth indulging in, especially if you love coconut-and chocolate-based desserts. Sandwiched between two walnut brownies is a slab of light coconut cream, topped off with a liquid ice cream chocolate bar. Thick chocolate is poured all over, instantly melting the bar for a divine spoonful that offers a symphony of texture and flavours.

The verdict:

Head here for a beach day coupled with sumptuous seafood offerings.

The details:

Contact +9714 589 5444.











GOLDFISH SUSHI & YAKITORI

This chic casual dining spot is the latest in the city to introduce us to the marvels of contemporary Japanese cuisine, with diners queuing up for a seat at this establishment every day.

The entrance to the elegant, yet laid-back, restaurant is through the Galleria Mall. As we made our way through the restaurant, we couldn't help but pause and look around. The interiors inviting, with perfect lighting and captivating décor elements. The floor sports a rustic look with its polished cement, while the ambience exudes an intimate, cosy and relaxed vibe, depending on where you sit.

Renowned Chef Akmal Anuar, famously known for homegrown favourite 3FILS, is at the helm of the kitchen. So, we were curious to witness the magic at his new establishment.

The highlights:

My dining partner and I chose to sit on the quaint terrace that overlooks the Al Wasl road but is enclosed with just enough flowers to offer a sense of privacy. Our server took us through the menu and the favourites, but what caught our attention most, were the specials for that evening, which changes every few days to a week. We got incredibly lucky when we visited, as the specials included the seasonal Botan ebi that arrived straight from Japan. But more on that later...



The menu is a no-frills affair featuring serious Japanese cuisine in the form of small plates to share (or not) of appetizers, sushi, yakitori, carbs, drinks and desserts. The first dish was the staff-recommended yellowtail – black pepper sashimi that also happens to be a favoured option amongst other diners. One bite, and we found out (and tasted) why. The dish comprises thinly sliced raw fish with a citrus-soy tang and fine green chilli for just the right amount of spice. We knew we were off to a fine start.

Next up was the botan ebi (shrimp), served raw and butterflied atop well-seasoned shari. It had an interesting texture, with sweet notes, and is a dish that is probably not for everyone, but a must-experience for food lovers. To end the first course, we tucked into a creamy, delectable brulee with a subtle flavour of foie gras, topped with buttery uni and chives. In between courses, we opted for a palate cleanser and sipped on refreshing drinks, with interesting concoctions in the form of miso, passion fruit, coconut and more.

Our table was covered with a spread of yakitori for the next course. The scallops, Japanese A5, and the juicy Wagyu tsukune with an egg sauce arrived, followed by a bowl of spicy shrimp noodles and the mouthwatering wagyu foie gras slider. The star of the evening, and our absolute favourite, was the sublime Japanese A5 skewer. Perfect umami, a succulent bite and absolute gastronomic bliss, the plate is a must-try. My partner told the staff that we'd



be back once more to only dine on the Japanese A5 skewers. They thought he was joking, but I know he's being serious.

Dessert is not to be missed, and we ended the meal with a decadent peanut and milk chocolate tart with silky chocolate-orange ice cream; and a fluffy cheesecake foam with matcha meringue. Both desserts were well portioned and surprisingly refreshing, offering a beautiful end to a remarkable meal that offered gorgeous culinary art that was equally divine in taste.

The verdict:

Perfect for a mid-week tête-à-tête with friends, a date night, or a weekend dinner with family.

The details:

Visit goldfishsushiyakitori.com.





KILIKIO BY MYTHOS

Greek food seems to be trending in Dubai once again, and we can't get enough of it. Nestled at Depachika Food Hall, Nakheel Mall, is the sister restaurant of JLT's Mythos. Served from a small counter, as though you are dining at a roadside taverna in Greece, diners can expect authentic staples as well as dishes with local flair. You can also find Kalamata olives, Greek honey, tea and an array of deli goods on sale.

The highlights:

Take a seat at the spacious dine-in area and begin your meal with Taramosalata, a creamy dip made with salted, cured cod roe mixed with olive oil and lemon juice. This, along with cucumber-pebbled and garlicky Tzatziki, are the perfect accompaniments to warm, freshly baked pita, right out of the oven.

The Baby Gem salad came in highly recommended from friends who dined at the restaurant, and with good reason. The serving features good-for-you-ingredients such as kale, kohlrabi, carrot, baby marrow, capers, smoked salmon and roasted peanuts for crunchiness in every bite. Dressed in a slightly overpowering anchovy vinaigrette, the salad is a great way to pack in your five-a-day. Another bowl worth sharing, or diving into as a meal for one, is the Mattar Farm smoked brisket. On a bed of chargrilled baby gem and roasted potatoes are cubes of tender, succulent brisket, topped with olive oil mayo and homemade pickles. This satiating dish is comfort food in a bowl. End your meal with a cup of strong Greek coffee and the Kilikio donut; a soft and fluffy pastry filled with creamy custard.



The verdict:

Ideal for a casual family meal or catch-up lunch with friends.

The details:

Contact +9714 340 1628.











LOLA TABERNA ESPANOLA, DUBAI

For a slice of traditional Spanish fare, head down to this quaint neighbourhood eatery at Tryp by Wyndham Dubai. Named after the country's most renowned Flamenco dancer, Lola, the indoor dining area showcases large paintings of the artist, wooden shutters and dim lighting that lends a cosy, intimate vibe. Since the weather was gorgeous, we sat out on the lively closed terrace brightened by hanging bulbs and lush greenery. On the way out, what caught our attention was the large ham stand perched at the centre of the open kitchen, further establishing the quality of fresh produce from regions of Spain.

The highlights:

Fuss-free tapas make up the menu here, with a focus on premium ingredients. Our meal began with large plump green olives and hot Iberico croquettes that were demolished in seconds. Each croquette was teeming with flavour, with a sliver of ham adding a hint of smokiness. The sea bass tiradito with green mojo (Canary Islands sauce) needs to be on your list of dishes to try if you love raw seafood. The light, tangy and garlicky sauce drizzled all over thinly sliced pieces of fresh fish, resulted in a party in our mouths. Fish roe and chopped pine nuts added to the texture, making this dish a clear winner of the first course.

Instead of choosing multiple entrées, we ordered exactly what we came for – black squid ink paella. The generous portion is good enough for two to three people. Presented in the traditional pan, each grain boasted robust flavours from the broth and black ink. Aioli lent a fragrant, creamy texture to the rice, while the baby squid was just the right amount of meat for this serving. Do scrape up and devour the burnt rice at the bottom – a tell-tale sign of impeccable paella.

To end your meal on a traditional Spanish note, order the churros. The substantial portion features golden, crisp and plump strips with a decadent chocolate sauce that you just can't get enough of.

The verdict:

If you want authentic Spanish food in a lively setting, make a beeline for this hotspot.

Book now:

Contact +9714 247 6688.



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COOKING PROJECT

Marmalade

Seville oranges have a very short season so need to be gathered and preserved. There's something exciting about a glut of them sitting on a kitchen worktop, ready to be turned into gleaming sunshiny jars of marmalade. Dollop on toast or crumpets, swirl into cake batter or churn in ice cream. Here's how to make it, plus some delicious added flavourings.

WHAT FLAVOURS CAN I ADD TO MY MARMALADE?



● HERBS

Bay and rosemary both pair well with marmalade, giving it a slightly savoury edge. Just add 3 large sprigs of rosemary or 5 fresh bay leaves in step 1.



● GINGER

Peel 100g ginger and slice thinly. Tie in 2 muslin bags and bruise with a rolling pin. Add 1 bag to the pan at step 3, once sugar has dissolved. Repeat with bag 2 for the second batch. Remove the ginger just before potting.



● SPICES

Aromatic spices like cardamom work well with Seville oranges. Add 20 cracked pods in step 1 to infuse. Remove them before transferring the marmalade to jars, or leave them in for a stronger flavour.

HOW TO USE MY MARMALADE?

● In decadent desserts

Add to a chocolate-based steamed sponge pudding for an intense cocoa-citrus hit. Try our chocolate & marmalade steamed pudding with marmalade cream at: *bbcgoodfoodme.com*

● Drink it

A dollop of marmalade adds sweet fruitiness to a simple mocktail, taking it to another level. Search 'sidecar mocktail' on our website. It uses marmalade, honey and lapsang souchong tea.

● Make it savoury

The sweetness in marmalade works well with salty meats like gammon or rich fatty meats like duck. Find our marmalade glazed roast duck on the site.



Ultimate Seville orange marmalade

You'll need around 8-10 sterilised jars for this recipe.

MAKES about 4.5kg
PREP 1 hr 15 mins - 1 hr 30 mins
COOK 2 hrs 30 mins
MORE EFFORT V

1.3kg Seville oranges
2 lemons, juiced
2.6kg preserving or granulated sugar

1 Put the whole oranges and lemon juice in a large preserving pan and cover with 2 litres water – if it does not cover the fruit, use a smaller pan. If necessary, weigh down the oranges with a heatproof plate to keep them submerged. Bring to the boil, cover and simmer very gently for around 2 hrs, or until the peel can be easily pierced with a fork.
2 Warm half the sugar in a very low oven. Pour off the cooking water from the oranges into a jug and tip the oranges into a bowl. Return the liquid to the pan. Leave the oranges to cool until easy to handle, then cut in half. Scoop out all the pips and pith, discard, then add back to the reserved orange liquid in the pan. Boil for 6 mins, then strain the liquid through a sieve into a bowl. Reserve the peel and press the pulp through the sieve with a wooden spoon – it is high in pectin so helps the marmalade set.
3 Pour half the liquid into a preserving pan. Cut the peel with a sharp knife into fine shreds. Add half the peel to the liquid in the preserving pan along with the warm sugar. Stir over a low heat until all the sugar has dissolved, for about 10 mins, then bring to the boil and bubble rapidly for 15-25 mins or until setting point is reached.
4 Take the pan off the heat and skim off any scum from the surface (to dissolve any excess, drop a small knob of butter onto the surface and gently stir). Leave the marmalade in the pan for 20 mins to cool a little and allow the peel to settle, then pot in sterilised jars, seal and label. Repeat from step 3 for the second batch, first warming the other half of the sugar.

GOOD TO KNOW vegan • low fat • gluten free
PER TBSP 39 kcals • fat none • saturates none • carbs 9g • sugars 9g • fibre none • protein none • salt none

Photographs SALLY WILLIAMS PHOTOGRAPHY/GETTY IMAGES, ISTOCK/GETTY IMAGES PLUS



MYTH BUSTER

Yorkshire puddings

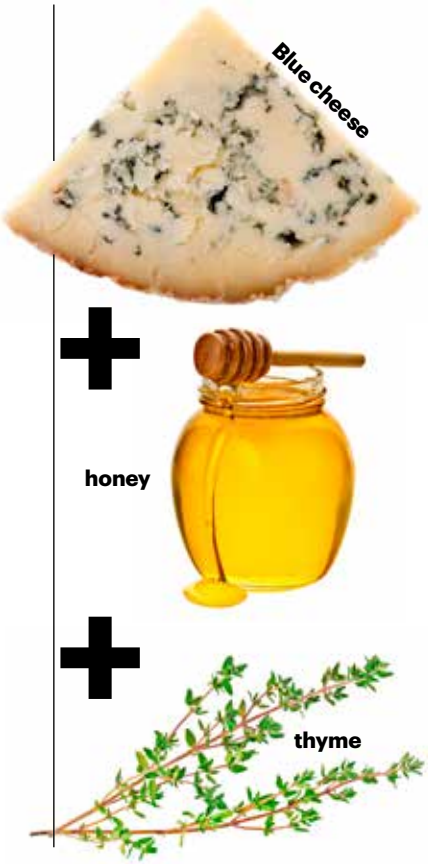
THE MYTH

THE PAN AND OIL YOU MAKE YORKSHIRE PUDDINGS IN NEEDS TO BE SMOKING HOT BEFORE YOU POUR IN THE BATTER

BARNEY SAYS I'm as guilty of this as anyone else. The most popular recipe I've ever written is for Yorkshire puddings and, yes, it states that the oil in the pan should be smoking hot. First off, there isn't anything wrong with doing this, it gets good results but can also be dangerous. We've all been there, it's the last part of the roast, you're already spinning roasting trays, boiling veg and jugs of gravy, and now you've got to heat oil in a muffin tray! Well I'm here to tell you, it ain't so. You can get brilliant individual Yorkshire puddings without having to heat fat until it's smoking hot. As long as you use a thin metal pan, or tray, from cold, with cold oil but still going into a hot oven, you will get perfect puddings. Why does every recipe call for smoking hot fat? Traditionally much heavier tins were used that would have taken a good 20 mins to heat up, and done from cold would have left you with a soggy pancake. Modern tins are much thinner and take a matter of minutes to heat up, so essentially after a few minutes, the oil and the batter in the cold pan comes up to the required temperature.

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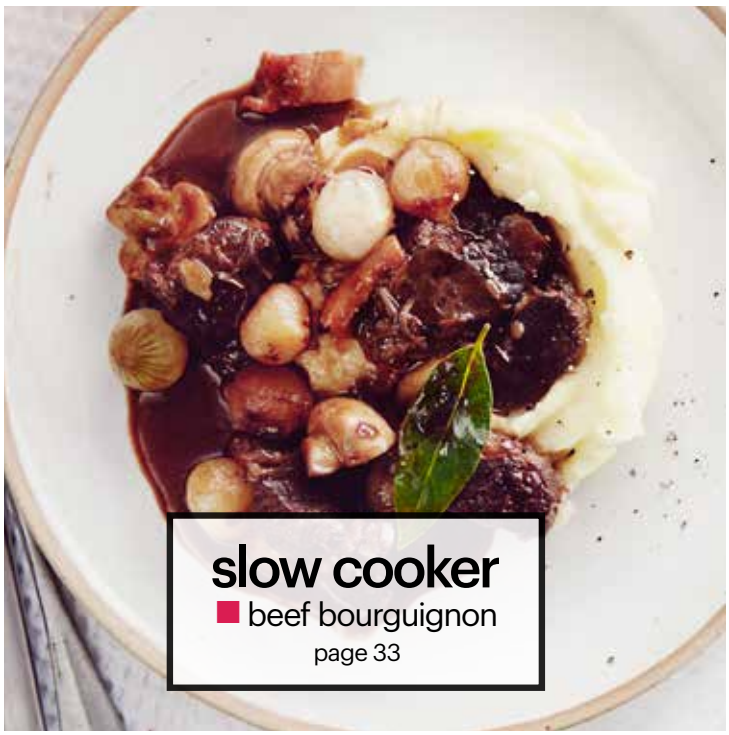
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frozen assets

chicken parmigiana

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slow cooker

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Mother's Day special bake

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speedy suppers

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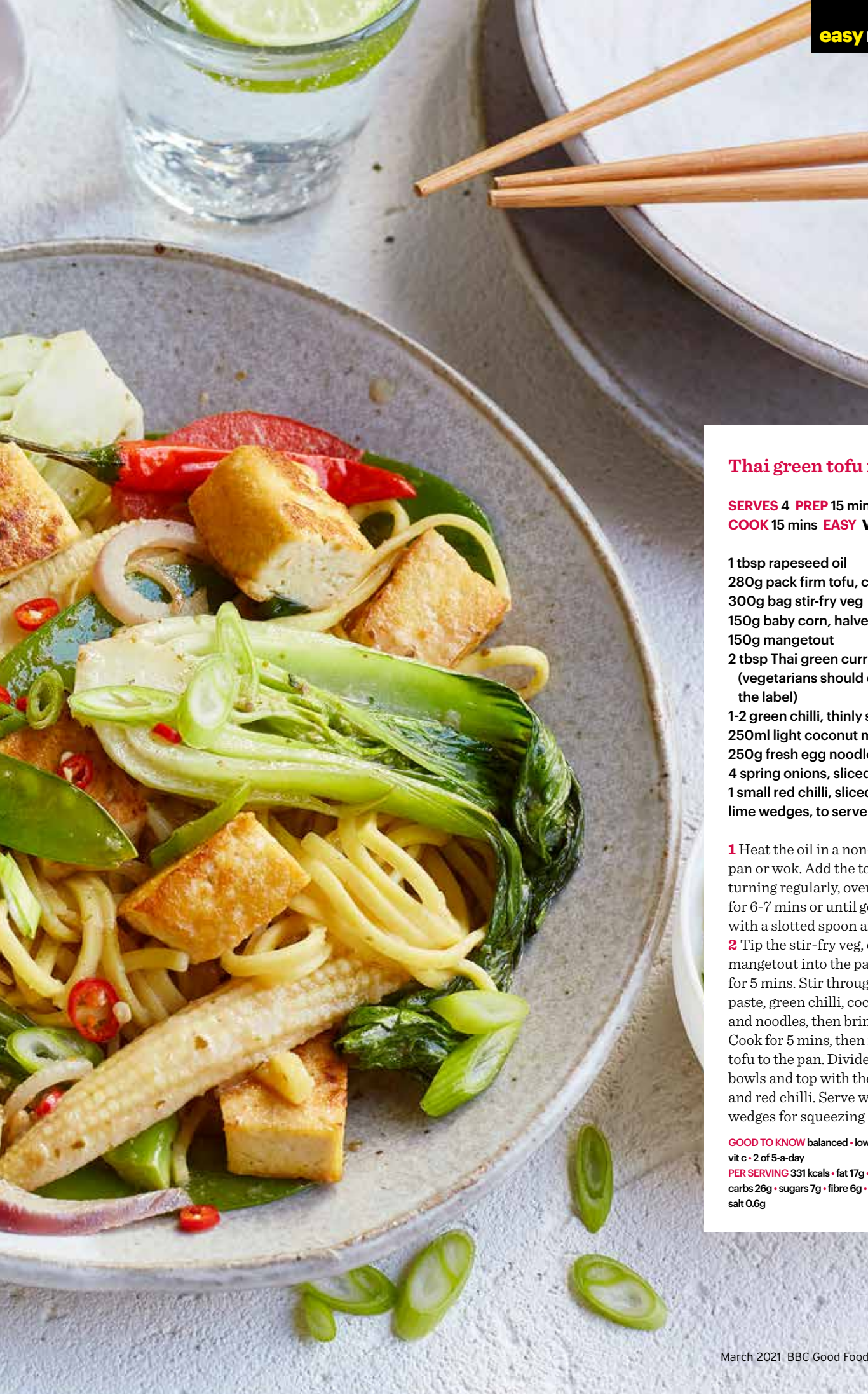
These healthier suppers also tick the quick box, too, each ready in 30 minutes or under

recipes ESTHER CLARK *photographs* MELISSA REYNOLDS-JAMES

our new health tag

At *Good Food*, we want to offer recipes that support good health. We believe that following a balanced diet and allowing for indulgence at times is the best way to eat well. Our new health tag will help you do just that. Our midweek meals now feature **balanced** recipes as well as healthy recipes, and we promise they'll be just as delicious, simple and budget-friendly as always. A balanced recipe will meet the following criteria, which has been set out by our nutritionist Kerry Torrens:

- Contribute to your five-a-day
- Include a source of starchy carbohydrate
- Include a lean source of protein
- Include some dairy or plant-based alternatives
- Use unsaturated fats and oils in small amounts
- Ensure sat fat, sugar and salt are medium per 100g – this would be amber on a traffic-light label



Thai green tofu noodles

SERVES 4 **PREP** 15 mins
COOK 15 mins **EASY** **V**

1 tbsp rapeseed oil
280g pack firm tofu, cut into cubes
300g bag stir-fry veg
150g baby corn, halved lengthways
150g mangetout
2 tbsp Thai green curry paste (vegetarians should check the label)
1-2 green chilli, thinly sliced
250ml light coconut milk
250g fresh egg noodles
4 spring onions, sliced
1 small red chilli, sliced
lime wedges, to serve

1 Heat the oil in a non-stick frying pan or wok. Add the tofu and fry, turning regularly, over a high heat for 6-7 mins or until golden. Remove with a slotted spoon and set aside.
2 Tip the stir-fry veg, corn and mangetout into the pan and cook for 5 mins. Stir through the curry paste, green chilli, coconut milk and noodles, then bring to a simmer. Cook for 5 mins, then return the tofu to the pan. Divide between bowls and top with the spring onion and red chilli. Serve with the lime wedges for squeezing over.

GOOD TO KNOW balanced • low cal • fibre • vit c • 2 of 5-a-day
PER SERVING 331 kcals • fat 17g • saturates 5g • carbs 26g • sugars 7g • fibre 6g • protein 16g • salt 0.6g



Broccoli pesto & pancetta pasta

SERVES 4 **PREP** 10 mins
COOK 15 mins **EASY**

300g head broccoli, broken into florets
300g pasta (we used orecchiette)
1 tbsp pine nuts
1 large bunch of basil
1 large garlic clove
2 tbsp parmesan, finely grated
1 tbsp olive oil
50g smoked pancetta, diced
200g cherry tomatoes, halved

1 Bring a pan of lightly salted water to the boil. Add the broccoli and boil for 5 mins. Scoop out with a slotted spoon and set aside.
2 Put the pasta in the same pan and cook following pack instructions. Meanwhile, tip the broccoli into a food processor with the pine nuts, basil, garlic, parmesan and oil, and blitz until smooth. Season with black pepper and a little salt (being mindful that the pancetta is salty).
3 Set a frying pan over a medium heat and cook the pancetta for 2 mins. Add the tomatoes and cook for 3 mins or until softened. Toss the pasta with the broccoli pesto, tomatoes and pancetta, and loosen with a splash of pasta water, if needed. Spoon into bowls and serve.

GOOD TO KNOW
healthy • low cal • fibre • vit c • 2 of 5-a-day
PER SERVING
452 kcals • fat 14g • saturates 4g • carbs 60g • sugars 5g • fibre 7g • protein 19g • salt 0.5g

Scandi-style flatbread

SERVES 1 **PREP** 5 mins
COOK 10 mins **EASY**

½ small cucumber, halved
½ lemon, zested and juiced
1 tsp capers
1 flatbread
2 tbsp fat-free Greek yogurt
2 small cooked beetroots, cut into cubes
1 poached salmon fillet, flaked
a few dill fronds

1 Scoop out the seeds from the cucumber with a teaspoon and cut into rounds. Toss with the lemon juice and capers, and season to taste.
2 Warm the flatbread under the grill for 1-2 mins on each side. Spread over the yogurt and top with the cubed beetroot, flaked salmon, and cucumber salad. Sprinkle over the dill fronds and lemon zest, and season with black pepper to serve.

GOOD TO KNOW balanced • calcium • folate • omega-3 • 2 of 5-a-day
PER SERVING 619 kcals • fat 24g • saturates 6g • carbs 60g • sugars 12g • fibre 5g • protein 39g • salt 1.6g



Chicken with crushed harissa chickpeas

SERVES 4 **PREP** 5 mins
COOK 10 mins **EASY**

2 tbsp rapeseed oil
1 onion, chopped
1 red pepper, finely sliced
1 yellow pepper, finely sliced
4 chicken breasts
1 tbsp za'atar
400g can chickpeas
1½ tbsp red harissa paste
150g baby spinach
½ small bunch parsley, finely chopped
lemon wedges, to serve

1 Heat 1 tbsp of oil in a frying pan over a medium heat and fry the onions and peppers for 7 mins until softened and golden.
2 Meanwhile, put the chicken between two sheets of parchment and lightly bash until about 2cm thick. Mix together the remaining oil and the za'atar, then rub over the chicken. Season to taste.
3 Heat the grill to high. Put the chicken on a baking tray lined with foil, and grill for 3-4 mins each side, or until golden and cooked through.
4 Heat the chickpeas in a pan with the harissa paste and 2 tbsp water until warmed through, then roughly mash with a potato masher. Wilt the spinach in a pan with 1 tbsp water, or in the microwave in a heatproof bowl. Stir the pepper and onion mixture, spinach and parsley through the chickpeas. Serve with the sliced chicken and the lemon wedges for squeezing over.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 2 of 5-a-day • gluten free
PER SERVING 366 kcals • fat 12g • saturates 2g • carbs 16g • sugars 6g • fibre 7g • protein 44g • salt 0.6g





Meatball & tomato soup

SERVES 4 **PREP** 5 mins
COOK 15 mins **EASY**

1½ tbsp rapeseed oil
1 onion, finely chopped
2 red peppers, deseeded and sliced
1 garlic clove, crushed
½ tsp chilli flakes
2 x 400g cans chopped tomatoes
100g giant couscous
500ml hot vegetable stock
12 pork meatballs
150g baby spinach
½ small bunch basil
grated parmesan, to serve (optional)

1 Heat the oil in a saucepan. Fry the onion and peppers for 7 mins, then stir through the garlic and chilli and cook for 1 min. Add the tomatoes, giant couscous and veg stock and bring to a simmer.
2 Season to taste, then add the meatballs and spinach. Simmer for 5-7 mins or until cooked through. Ladle into bowls and top with the basil and some parmesan, if you like.

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 330 kcals • fat 12g • saturates 3g • carbs 36g • sugars 14g • fibre 6g • protein 17g • salt 0.7g

Steak & bean niçoise

SERVES 2 **PREP** 10 mins
COOK 20 mins **EASY**

2 medium eggs
100g green beans, halved
2 tbsp rapeseed oil
2 tsp Dijon mustard
1 tbsp cider vinegar
400g can mixed beans, drained
1 tbsp finely chopped parsley
5 black olives, halved
50g rocket
250g sirloin steak, fat removed
shaved parmesan, to serve (optional)
2 slices wholemeal sourdough, to serve

1 Boil the eggs in a pan of simmering water for 6 mins, then drain and set aside in a bowl of cold water. Boil the green beans for 3 mins and drain.
2 Whisk together the oil, mustard and vinegar. Tip the mixed beans into a bowl and stir through the green beans, dressing, parsley and olives. Toss through the rocket.
3 Heat a non-stick frying pan over a high heat. Fry the steak for 2-3 mins on each side. Remove from the heat, set aside to rest for 5 mins, then slice into thin strips. Toss with the bean mix.
4 Pile onto two plates. Gently peel and halve the eggs. Top the beans with the eggs, parmesan and a grinding of black pepper. Serve with the sourdough.

GOOD TO KNOW balanced • calcium • folate • fibre • iron • 2 of 5-a-day
PER SERVING 495 kcals • fat 22g • saturates 5g • carbs 25g • sugars 2g • fibre 8g • protein 44g • salt 1.4g



Sweetcorn fritters with chipotle cod

SERVES 2 **PREP** 5 mins
COOK 15 mins **EASY**

3 large eggs
2 tbsp plain flour
200g can sweetcorn
3 spring onions, finely sliced
1 tbsp rapeseed oil
1 garlic clove, finely sliced
200g cherry tomatoes, halved
1-2 tbsp chipotle chilli sauce
1 lime, zested and juiced
2 skinless cod fillets
½ small bunch coriander, chopped

1 Beat the eggs and flour together until smooth. Stir through the corn, spring onion and some seasoning.

2 Heat half the oil in a medium non-stick frying pan. Pour in the batter and fry over a medium heat for 3 mins on each side until golden.

3 Heat the grill to high. Heat the remaining oil in a frying pan and cook the garlic and tomatoes for 5 mins. Stir through the chipotle and the lime juice and zest.

4 Meanwhile, cook the fish on a baking tray under the grill, set to medium-high and cook for 3-4 mins on each side.

5 Slice the corn fritter into four and divide between two plates. Sprinkle over the coriander and serve with the fish and chipotle tomatoes.

GOOD TO KNOW healthy • low cal • folate • vit c • 2 of 5-a-day
PER SERVING 409 kcals • fat 15g • saturates 3g • carbs 25g • sugars 11g • fibre 5g • protein 43g • salt 0.9g



Shoot director PETER RUPSCHL | Food stylist ESTHER CLARK | Stylist ZOE HARRINGTON

slow cooker

beef bourguignon

Feed a crowd or fill your freezer with this comforting French classic of slow-cooked beef

recipe ANNA GLOVER *photograph* ROB STREETER





Shoot director ANDREW JACKSON
Food stylist ESTHER CLARK

Slow cooker beef bourguignon

SERVES 6-8 **PREP** 20 mins
COOK 6-8 hrs **EASY**

- 3 tbsp vegetable oil
- 1.5kg stewing or braising steak, cut into small chunks
- 2 large onions, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 bay leaves
- 2 thyme or rosemary sprigs
- 3 tbsp plain flour
- 750ml non-alcoholic red wine
- 1 beef stock cube
- 1 tsp caster sugar
- 2 tbsp tomato purée
- 100g unsmoked bacon lardons
- 6 small shallots or baby onions, halved or quartered
- 300g closed cup mushrooms, halved or quartered
- mashed potatoes or crusty bread, to serve

1 Turn the slow cooker to low and heat 2 tbsp of the oil in a large frying pan. Season the meat and fry for 3-4 mins in batches until browned all over, scooping out each batch with a slotted spoon and transferring the browned meat to a plate.

2 Tip the onion, carrot and celery into the pan and fry for 5-10 mins until soft. Add the herbs and flour and cook for another 2 mins. Pour a splash of the non-alcoholic wine into a bowl, then add the stock cube, sugar and tomato purée and mix to form a paste. Scrape the paste into the onion mix and pour in the remaining wine. Bring the mixture to a bubble, then transfer to the slow cooker. Stir in the browned beef, topping up with a splash of water to cover the meat if needed. Simmer on low for 6-8 hrs until the meat is falling apart but still holding its shape.

3 About 35 mins before serving, heat the remaining oil in a pan. Fry the bacon, shallots and mushrooms for 5-8 mins until caramelised and the veg is starting to soften, then tip into the slow cooker. Simmer the stew gently on high for 30 mins. If you want a thicker gravy, use the reduce function or leave the stew uncovered. Serve with mashed potatoes or crusty bread, if you like.

GOOD TO KNOW iron • 2 of 5-a-day
PER SERVING (8) 497 kcals • fat 20g • saturates 7g • carbs 14g • sugars 7g • fibre 3g • protein 47g • salt 1.0g

frozen assets

chicken parmigiana

new series

Make midweek easier with ***Barney Desmazery's*** new family-friendly freezer meals. This recipe is also easily doubled for extra portions

Chicken parmigiana

You get two freezer recipes in one here: the chicken and the sauce, which is great on its own over pasta, or spread on a pizza base. The beauty of freezing thin fillets of breadcrumbed chicken is that they can be cooked from frozen.

SERVES 4 **PREP** 40 mins
COOK 30 mins **MORE EFFORT** ❄

2 large chicken breasts
50g plain flour
1 egg, beaten
75g fresh breadcrumbs
15g parmesan, finely grated, plus extra to serve
4 tbsp sunflower oil
125g ball mozzarella, cut into 4 slices
300g spaghetti

For the tomato sauce

2 tbsp olive oil
4 garlic cloves, finely sliced
pinch of caster sugar
splash of red wine vinegar
2 x 400g cans chopped tomatoes or passata
1 tsp dried oregano

1 Cut each chicken breast in half lengthways so you have four fillets. Put the fillets on a board, cover with a sheet of baking parchment and bash with a rolling pin until they are the same thickness all over.

2 Put the flour in a shallow dish and season with a little salt. Put the egg into another dish, then the breadcrumbs and parmesan into a third dish, stirring to combine. Working with one chicken fillet at a time, coat in the flour, then dip into the beaten egg, and finally coat in the cheesy breadcrumb mixture. Transfer the breadcrumbed fillets to a plate as you go. *To freeze, stack the fillets in a freezerproof container between sheets of baking parchment. Will keep frozen for three months.*

3 To make the sauce, heat the olive oil in a shallow pan and sizzle the garlic for 2 mins. Sprinkle in the sugar and add a splash of the vinegar, then tip in the tomatoes or passata. Add the oregano, season and simmer for 10-15 mins, stirring occasionally until thickened. *To freeze, leave to cool completely, then transfer to a freezerproof container (portion it into more than one, if you like). Will keep frozen for up to three months. Defrost overnight in the fridge, then reheat in a pan until piping hot.*

4 Heat the sunflower oil in a large frying pan over a medium heat and cook the breadcrumbed chicken fillets for 3 mins on each side (fresh or from frozen) until golden and crisp. Arrange on a baking tray. Spoon a little of the sauce over the middle of each fillet, and top each with a slice of mozzarella. Heat the grill to high. Cook the spaghetti following pack instructions, then drain and toss with the remaining sauce. Grill the fillets for about 3-4 mins, or 1-2 mins more if they're from the freezer, until the mozzarella is melted and bubbling, then serve.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 405 kcals • fat 20g • saturates 4g • carbs 27g • sugars 8g • fibre 3g • protein 27g • salt 0.4g





Barney is Good Food's skills & shows editor. He has worked as a chef in London, France and Australia, and is a pro at adapting restaurant recipes to make at home. @barney_desmazery

Photographer MIKE ENGLISH | Shoot director RACHEL BAYLY | Food stylist KATIE MARSHALL | Stylist FAYE WEARS



You can use turkey breasts in place of the chicken breasts

If you don't want to make the sauce or use mozzarella, the breadcrumbed chicken alone makes a great freezer staple. Serve it with veg, or as a chicken burger

Omit the parmesan and add panko breadcrumbs to the breading mixture to make the fillets into the base for a katsu curry

Turn the page for more tips ›

freezer wisdom

Your freezer is the secret to putting home-cooked food on the table every night without any fuss



"I always make double of our family's favourites and freeze half. The washing-up is the same, and it means there's a whole meal packed away for when I don't have time to cook. My freezer is also a larder of flavour boosters that can be added straight from frozen."

The 5 rules of freezing

1 **Label everything**
Clearly label containers with the date on which the food was frozen. I also write roughly how many portions there are, and what it could be used in.

2 **Airless**
Ever defrosted something, then found it's got a weird skin on it? That's freezer burn, and it comes from exposing frozen goods to the cold air. To combat this, fill containers fully before covering, or push all the air out of freezer bags before closing.

3 **Freeze at best**
You get out what you put in – if something is on the turn, freezing it won't change that. So, if you're not going to eat something for a couple of days, freeze it straightaway rather than watch it go off.

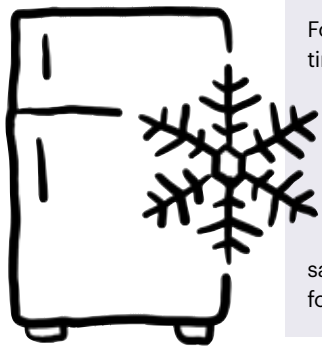
4 **Freeze from cold, not hot**
Putting hot food in your freezer will defrost everything. Cool to room temperature first.

5 **Freezing isn't forever**
Things will still eventually go off or not be as good if frozen for too long, so use our guide, right, and eat within safe freezing times.

The freezer larder

As well as whole meals and cooked foods, I have a shelf dedicated to flavour boosters that freeze well and can be used straight from frozen, such as:

- Lime leaves
- Lemongrass
- Curry leaves
- Chillies
- Fresh horseradish
- Thyme
- Rosemary
- Fresh turmeric



What I freeze

Many foods can be frozen, but the ones below are great to have on hand in the freezer. Here's how I use them...

Big-batch mince sauce
Serve as bolognese, or use in a lasagne or cottage pie. Add some spices and beans to use in tacos, burritos or chilli con carne.

Fish pie sauce
Defrost and fold in raw fish, tip into a baking dish, top with mash and bake.

Schnitzel, katsu and anything breadcrumbed
Cook breaded chicken from frozen.

Chicken bone broth
Roast chicken bones can be made into a broth with soy sauce and ginger, then frozen.

Tomato pasta sauce
Make a big batch to serve with pasta, as a pizza topping or the base to vegetable parmigiana bakes.

How long does it freeze for?

Food can be frozen for a long time, but the point is to keep it as good as it was when it was fresh. After too long, food will lose its flavour. As a general rule, raw fish, meat or poultry can be frozen for up to **three months**, and sauce-based, cooked dishes for up to **six months**.

What not to freeze

The beauty of home freezing is that most foods can be frozen, but there is a short list of things to avoid

- Hard-boiled eggs will go rubbery
- Vegetables with a high water content, such as lettuce, cucumber, beansprouts and radishes, will go limp and wilt
- Soft herbs like parsley, basil and chives won't work for garnishes after being frozen, but they can be incorporated into dishes
- Egg-based mayonnaise and hollandaise-style sauces will separate and curdle after freezing

weeknight pudding

Quick comfort

Whip up this warming family-friendly dessert in under an hour

recipe LIBERTY MENDEZ *photograph* DANIELLE WOOD



Salted caramel & apple pudding

Our indulgent twist on clafoutis – a classic French dessert – this combines apples, vanilla and salted caramel instead of using cherries or other stone fruits. Serve hot from the oven with a scoop of ice cream.

gf tip
If you prefer a little less sweetness in your dessert, go for a sharper apple variety like Cox or Russet.

SERVES 6 **PREP** 15 mins plus resting
COOK 35 mins **EASY** **V**

1 tbsp butter, softened
3 large eggs, and 2 egg yolks
50g dark brown soft sugar
200ml whole milk
300ml double cream
375g can caramel, beaten until smooth
2 tsp vanilla extract
75g plain flour
3 apples (we used Pink Lady)
ice cream, to serve (optional)

1 Heat the oven to 180C/160C fan/gas 4. Butter a 30 x 20 x 4cm baking dish. Put the eggs, extra yolks, sugar, milk, cream, 200g of the caramel, the vanilla and a large pinch of sea salt in a large bowl, then whisk until combined. Stir in the flour until the batter is smooth.
2 Halve, core and cut the apples into 1cm slices – there's no need to peel them. Arrange in the baking dish and pour over the batter. Bake for 30-35 mins until the batter is set in the centre, golden and slightly risen.
3 Drizzle over the remaining caramel, then sprinkle with a little extra sea salt. Leave to rest for 5-10 mins (it will deflate a little). Serve warm with vanilla or peanut butter ice cream, if you like.

PER SERVING 631 kcals • fat 39g • saturates 22g • carbs 57g • sugars 47g • fibre 1g • protein 12g • salt 0.3g



Shoot director JACK HUNTLEY | Food stylist ELLA TARN | Stylist FAYE WEARS

Mother's Day special

Citrus zing offsets the rich and creamy soft cheese icing in this cake. Add an extra-warm touch to a Mother's day meal with this light sponge layered bake

recipe LIBERTY MENDEZ *photograph* MIKE ENGLISH

Lemon layer cake with soft cheese icing

SERVES 8-10 **PREP** 50 mins plus cooling and 1 hr setting
COOK 35 mins **EASY** V

225g unsalted butter, softened
225g caster sugar
4 large eggs
225g self-raising flour
1 tsp baking powder
75g natural yogurt
1 tsp vanilla bean paste or extract
3 lemons, zested

For the drizzle
150g granulated sugar
3 lemons, zest of 2 pared into strips, juiced (you'll need 60ml)

For the icing
150g unsalted butter, softened
150g icing sugar, sieved
1 tsp vanilla bean paste or extract
300g full-fat soft cheese

1 Heat the oven to 180C/160C fan/gas 4 and line the base of two 20cm sandwich tins with baking parchment. Beat the butter and sugar together for 3 mins using an electric whisk until smooth and fluffy. Add the eggs, one at a time, beating well between each addition and scraping down the sides of the bowl. Fold in the flour and baking powder until well incorporated, then fold in the yogurt, vanilla and lemon zest. Divide between the tins and bake for 30-35 mins until golden and a skewer inserted into the middles comes out clean.

2 Meanwhile, make the drizzle. Tip the sugar, lemon juice and 100ml water into a small pan set over a medium heat and stir until dissolved. Add the pared lemon zest, bring to the boil and simmer for 2-3 mins until the zest has softened and the liquid is syrupy. Remove the zest using a slotted spoon and transfer it to a sheet of baking parchment, and remove the syrup from the heat.

3 Leave the sponges to cool for 10 mins in the tins, then pour over the warm drizzle. Leave to cool completely.

4 For the icing, beat the butter and icing sugar together using an electric whisk for 4-5 mins until smooth, scraping down the sides of the bowl as you go. Add the vanilla and soft cheese and beat for 4 mins more until thick and creamy. Don't worry if it doesn't look thick at first – it will loosen, then thicken again as you beat it.

5 Remove the cooled sponges from the tins. Spoon the icing into a piping bag fitted with a star nozzle. Put one sponge on a cake stand or serving plate, and pipe just under half the icing around the edge using a circular motion for a wavy effect. Pipe a little more icing over the empty middle (this doesn't need to be neat) and smooth with the back of a spoon. Chill for 45 mins-1 hr until set. Top with the second sponge, then pipe eight blobs of icing around the edge at regular intervals, leaving a gap between each. Spoon the candied lemon zest into each gap, then serve.

PER SERVING (10) 690 kcals • fat 41g • saturates 25g • carbs 72g • sugars 55g • fibre 1g • protein 8g • salt 0.6g



gf tip
Chilling your sponges during the decorating process will give you a neater finish.

Shoot director JACK HUNTLEY | Food stylist KATY GILHOOLY | Stylist LAUREN MILLER

This impressive lemon layer cake is ideal for an occasion or simply a fun weekend project



BUTTER OF EUROPE

FRENCH BUTTER, THE SECRET
TO MAKE THE DIFFERENCE



FRENCH DAIRY BUTTER: A REAL FLAVOUR ENHANCER

There is no doubt that French butter makes almost everything taste better.

From pan-fried fish to sautéed vegetables, it's a well-known fact that it naturally exhausts aromas, and there's no more versatile ingredient than butter.

Adding heat to dairy butter develops a rich, nutty flavour as the milk caramelizes. Cooking with butter adds flavour to meat cuts, while using it with a spice blends compliments and enhances the flavour of any dish.

Cniel

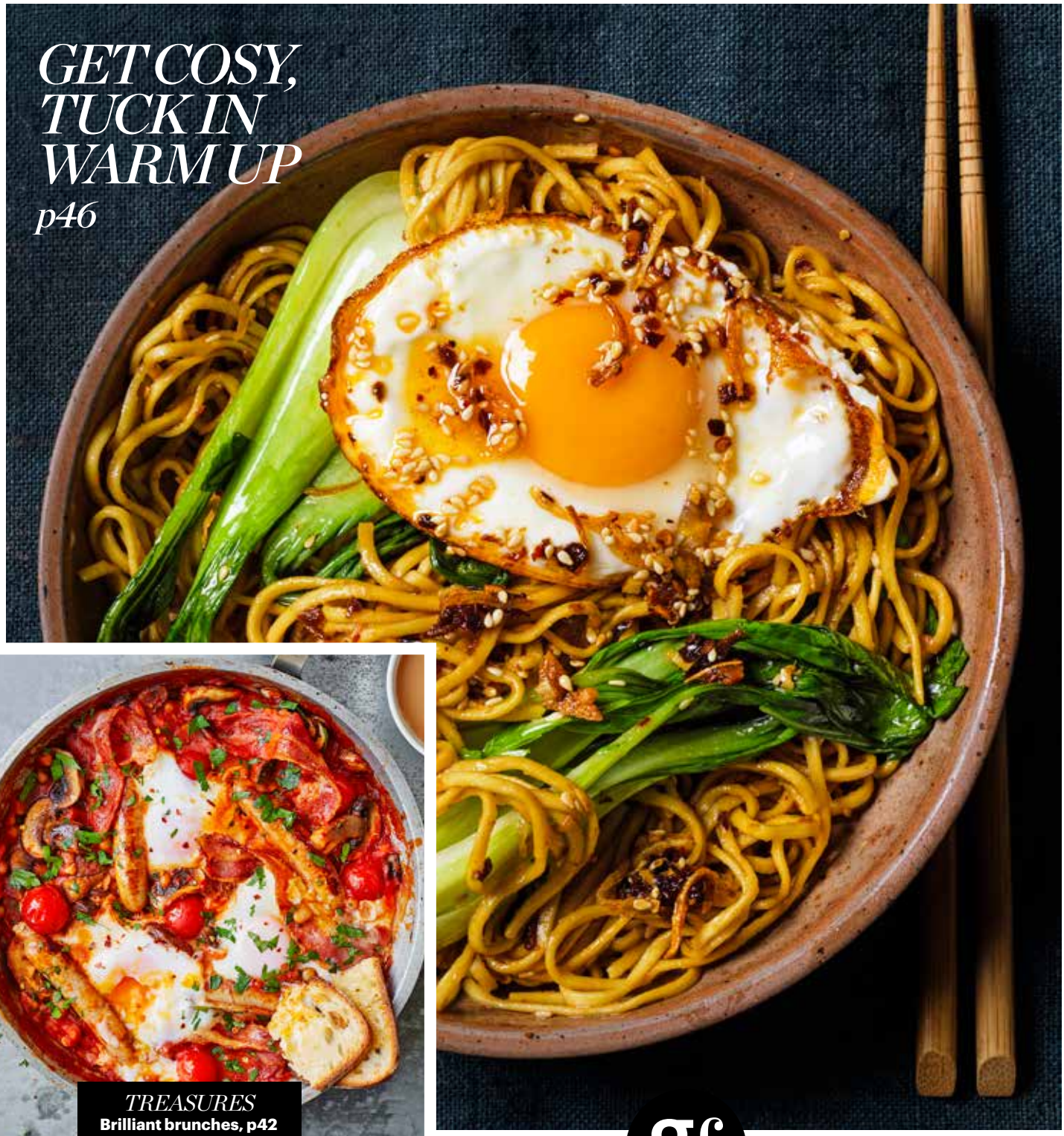
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EUROPE

WEEKEND

Mouthwatering dishes to dig into with your family and friends over the weekend



GET COSY, TUCK IN WARM UP

p46

TREASURES
Brilliant brunches, p42

gf

treasures

brilliant brunches

Whether it's sweet, syrupy pancakes or savoury spiced eggs, treat yourself to something special over the weekend. Our cookery assistant **Liberty Mendez** shares a few of her favourite brunch ideas from the Good Food collection



Easy vegan pancakes



Full English shakshuka

Combine shakshuka with a Full English and you have something revolutionary

Easy vegan pancakes

Pancakes are my guilty pleasure and when I'm hosting my vegan friends, I want everyone to be able to indulge. These are dairy-free but they still have the fluffy texture of classic American-style pancakes, and with a generous drizzle of maple syrup, they are just as popular.

MAKES 16 pancakes **PREP** 5 mins
COOK 30 mins **EASY** V

300g self-raising flour
1 tsp baking powder
1 tbsp sugar
1 tbsp vanilla extract
400ml plant-based milk (such as oat, almond or soya)
1 tbsp vegetable oil
To serve (optional)
sliced banana, blueberries, maple syrup, vegan chocolate chips and plant-based yogurt

1 Whisk the flour, baking powder, sugar, vanilla extract and a pinch of salt together in a bowl to combine. Slowly whisk in the milk until you have a smooth, thick batter.
2 Heat a little of the oil in a non-stick frying pan over a medium-low heat. Spoon in 2 tbsp batter to make a small, round pancake, then repeat with the rest of the mixture (you'll need to do this in batches of two or three at a time). Cook for 3-4 mins until the edges are set and bubbles appear on the surface. Flip and cook for another 2-3 mins until golden on both sides and cooked through. Keep warm in a low oven while you cook the remaining pancakes.
3 Serve in stacks topped with bananas, blueberries, maple syrup, chocolate chips or yogurt, if you like.

GOOD TO KNOW vegan
PER PANCAKE 90 kcals • fat 1g • saturates 0.2g • carbs 16g • sugars 2g • fibre 1g • protein 3g • salt 0.2g

Full English shakshuka

Shakshuka is a favourite when it comes to brunch, but combine that with a full English breakfast and you have something revolutionary. This dish is sure to impress.

SERVES 2 **PREP** 10 mins
COOK 25 mins **EASY**

1 tbsp vegetable or sunflower oil
4 chipolatas
4 beef/turkey bacon rashers
200g chestnut or button mushrooms, sliced
200g canned haricot beans, drained
200ml passata
6 cherry tomatoes
1 tbsp tomato ketchup
pinch of chilli flakes (optional)
2-4 eggs (depending on how hungry you are)
small handful of parsley, chopped
buttered toast, to serve

1 Heat the oil in a large, deep frying pan over a medium heat, and fry the chipolatas until brown all over. Push to one side of the pan. Fry the bacon on the other side of the pan with the mushrooms until the bacon starts to crisp and the mushrooms are golden. Tip everything onto a plate.
2 Tip the beans, passata and tomatoes into the pan. Add the ketchup and chilli flakes (if using), and season well. Bubble for 5 mins, then scatter in the mushrooms, chipolatas and bacon. Create gaps in the beans using the back of a spoon (you should be able to see the base of the pan) and crack in the eggs. Cover and cook for 4-5 mins until the egg whites are cooked through and the yolks runny. Scatter with the parsley and serve with hot buttered toast.

GOOD TO KNOW folate • fibre • 3 of 5-a-day
PER SERVING 570 kcals • fat 36g • saturates 10g • carbs 21g • sugars 10g • fibre 8g • protein 36g • salt 2.9g

Blueberry brunch clafoutis

Clafoutis isn't just for dessert. This wonderful recipe is served in individual portions, so it's easy to serve for a leisurely brunch. Bacon is a standard breakfast ingredient in my house, and it gives a much-needed salty edge.

SERVES 6 **PREP** 20 mins plus cooling
COOK 30 mins **EASY** P

70ml maple syrup, plus extra to serve
125ml non-alcoholic red wine
250g blueberries
2 eggs, plus 4 egg yolks
100g golden caster sugar
250ml double cream
50ml cherry preserve or juice
50g plain flour
6 streaky dry-cure bacon rashers
1½ tbsp icing sugar
crème fraîche, to serve (optional)

1 Bring the maple syrup and non-alcoholic wine to the boil in a saucepan. Tip the blueberries into a large heatproof bowl, then pour over the hot maple mixture. Leave to cool. Whisk the whole eggs, egg yolks and sugar together in a separate large bowl, then whisk in the cream and cherry juice, and finally the flour. Leave to stand for a few minutes – the mixture should be the consistency of pancake batter.
2 While the batter rests, put the bacon on a wire rack set over a roasting tin and dust with the icing sugar. Heat the oven to 180C/160C fan/gas 4. Divide the blueberries and the sauce between six shallow ceramic dishes, then pour over the batter. Cook in the oven with the bacon for 25 mins until the batter is puffed up and a pale gold colour, and the bacon is crisp. Serve a rasher of bacon on top of each clafoutis, then drizzle over some maple syrup and add a spoonful of crème fraîche, if you like.

PER SERVING 540 kcals • fat 33g • saturates 17g • carbs 41g • sugars 33g • fibre 1g • protein 11g • salt 1g





Get cosy, tuck in WARM UP

This month we bring you some of our new comfort food favourites, perfect for wintry nights

recipes GOOD FOOD TEAM

photographs KAREN THOMAS



Noodles with crispy chilli oil eggs

This dish is all about the crispy chilli oil. I've been addicted to this stuff for ages, spooning it over everything from scrambled eggs to seared steaks. My obsession started with the Lao Gan Ma version (a Chinese brand you can find in large supermarkets, Asian food shops or online), but making your own is easy and really satisfying. The crispy bit comes from garlic and shallots, which are sizzled until crisp. However, once submerged in oil, they only stay crispy for a day or two. You can add peanuts for extra crunch, although I prefer sesame seeds in mine. This, tossed through noodles and used to baste a crispy fried egg, is my comfort food de jour.

Cassie Best

SERVES 2 **PREP** 25 mins
COOK 50 mins **EASY** V

1 tsp vegetable oil
2 pak choi, each halved through the core
2 tsp Chinese black vinegar
1 tbsp soy sauce
1 tsp sesame oil
pinch of sugar
200g cooked noodles (I use straight-to-wok noodles, egg, udon or ramen noodles)
2 large eggs

For the crispy chilli oil (or use ready-made)

4 small shallots, halved and thinly sliced
1 head of garlic (about 8-10 cloves) thinly sliced
1 x 10cm cinnamon stick
4 star anise
500ml vegetable oil
2 tbsp sesame seeds
2 tsp cumin seeds
1 tsp Szechuan peppercorns
1 thumb-sized piece ginger, peeled, finely chopped
30g crushed red chilli flakes
2 tbsp soy sauce
1 tbsp caster sugar

1 To make the chilli oil, tip the shallots, garlic, cinnamon stick, star anise and oil into a wide pan (a deep frying pan is good), then bring to a gentle sizzle. Cook for 15-20 mins over a low-medium heat, stirring now and again, until the shallots and garlic are crisp and golden brown. They will burn easily if the heat is too high, so watch the pan.

2 Meanwhile, toast the sesame seeds in a dry pan until golden, then tip into a bowl and set aside. Put the cumin seeds and Szechuan peppercorns in the pan and toast for 1-2 mins until aromatic. Grind to a powder using a pestle and mortar or spice grinder. Mix with the toasted sesame seeds.

3 Add the ginger, chilli flakes, soy and sugar to the bowl with the toasted, ground spices. When the shallots and garlic are crisp, strain the oil over the bowl using a sieve. Leave the crispy bits of garlic and shallot in the sieve to cool and become even more crisp. Discard the cinnamon and star anise.

4 Stir the cooled shallots and garlic through the spiced oil mixture. *Will keep chilled for up to two weeks in an airtight, sterilised jar.*

5 When ready to make the noodles, heat the veg oil in a wok. Add the pak choi and stir-fry for a minute with a splash of water and a pinch of salt. Cover with a lid (or a baking tray if you don't have one). Steam for a minute, then lift the veg from the wok, letting any liquid drip off. Set aside on a plate. Put the vinegar, soy sauce, sesame oil and sugar in the pan along with 2 tsp of the crispy chilli oil. Bring to a bubble, then add the noodles and toss for a few minutes over a high heat until the sauce is clinging to the noodles and they're soft and slippery. Divide the noodles between two bowls and put the pak choi on top,

6 Wipe out the pan. Add another drizzle of the crispy chilli oil along with about 2 tsp of sediment from the jar. When sizzling, crack in the eggs and fry until crispy around the edge, spooning over the oil as they cook. Slide the fried eggs over the noodles, adding more crispy bits from the jar, if you like.

GOOD TO KNOW folate • 1 of 5-a-day
PER SERVING 374 kcals • fat 20g • saturates 3g • carbs 29g • sugars 5g • fibre 5g • protein 18g • salt 2g





TWIST IT

CHICKEN NOODLE EGG BOWLS

● *To make a meaty version of this dish, add some* ***shredded leftover cooked chicken*** *to the pan in step 5 to reheat, along with the vinegar, soy, sesame and sugar. Bubble in the sauce for 3 mins until hot, then toss through the noodles.*

The big double cheeseburger & secret sauce

I was really surprised by the things I drew comfort from over lockdown. Burger and fries was high on my list, and with no restaurants open and a bit of time on my hands, I gave myself a bit of a project, deconstructing and making my own version of arguably the most famous burger there is.
Barney Desmazery

SERVES 2 **PREP** 25 mins plus soaking **COOK** 15 mins **EASY**

1 small onion, finely chopped
4 sesame-topped burger buns
300g steak mince
1 tbsp sunflower oil
small wedge of iceberg lettuce, finely shredded
2 slices of mild cheddar or burger cheese
1 gherkin sliced lengthways
oven fries, to serve

For the secret sauce

100g mayonnaise
1 tbsp American mustard
large pinch of garlic granules
large pinch of onion granules
¼ tsp smoked paprika
1 tbsp white wine vinegar
1 tsp pickle relish or finely chopped gherkin

1 Tip the onion into a small bowl and pour over boiling water from the kettle until just covered. Leave to cool. Put all the sauce ingredients in another small bowl, then add 1 tbsp of the cooled onion water and mix until everything is evenly combined. Set aside.

2 Halve two of the burger buns, then cut a thick slice from the middles of the other two buns (use the offcuts to make breadcrumbs – use them up in our chicken parmigiana recipe). Toast or grill the middle slices on both sides and the other buns only on the cut sides, then set aside. Heat the oven to 100C/80C fan/gas 2.

3 Divide the mince into four loose piles and season. Heat 1/4 of the oil in a heavy frying pan or skillet over a high heat and put one of the piles of beef in the pan. Working quickly, cover with a square of baking parchment and carefully use a second pan to press the beef patties down – be careful of the heat and rising steam as you do this. Keep the patties pressed down for about 10 seconds, then remove the weight and the paper, and leave the burger to cook for 2 mins more. Turn the patties and press down using a spatula, cooking for another 1 min. Transfer to a tray and keep warm in the oven while you cook the other burgers in the same way.

4 When all the patties are cooked, it's time to assemble the burgers. Spread some sauce over the bun bases, scatter with onions, then add lettuce, followed by a cheese slice, then a patty, a few gherkin slices and a middle slice of toasted bun. Spread over more sauce, then add more onions, lettuce, another patty and the bun tops. Serve with the oven fries and extra sauce on the side, if you like.

GOOD TO KNOW calcium • iron • 1 of 5-a-day
PER SERVING 893 kcals • fat 37g • saturates 11g • carbs 82g • sugars 6g • fibre 5g • protein 56g • salt 3.3g

PICKLE RELISH

This is a chunky condiment made by simmering gherkins and onions with a sweet and sour mix of sugar and vinegar. It's an all-American accompaniment to burgers and hot dogs, and an ingredient often used in 'secret' burger sauces. To make a cheat's version, just mix finely chopped gherkins with a bit of their pickling liquid for a reasonable substitute.



Fish tacos

A combo of two of my favourite recipes – Mexican Baja fish tacos and retro fish finger sarnies, this is my ultimate sofa-day comfort food. Baja fish tacos are made with battered chunks of cod and I've paired those with my take on herby tartare and pink pickled onions. Buy small tortillas in supermarkets or order them online – they're the perfect size for eating with your hands in front of the telly.

Esther Clark

SERVES 4 **PREP** 35 mins plus pickling and chilling **COOK** 30 mins **MORE EFFORT**

150g plain flour
75g cornflour
½ tsp fine sea salt
230ml 0.0% cold beer
vegetable oil, for deep-frying
4 skinless and boneless cod loins, cut in to 3cm pieces
8 small soft corn tortillas
2 Little Gem lettuces, shredded
hot sauce, to serve (optional)

For the pickled onions
150ml white wine vinegar
1 tsp coriander seeds, crushed
1 tsp peppercorns
2 tbsp caster sugar
1 large red onion, finely sliced

For the tartare sauce
150g mayonnaise
½ small bunch of dill, finely chopped
½ small bunch of basil, finely chopped
½ tsp Dijon mustard
1 tsp capers, chopped

1 First, make the pickled onions. Put the vinegar in a pan with 150ml water, the coriander seeds, peppercorns, sugar and 1 tsp salt over a medium heat, stirring until the sugar has dissolved. Scoop the onions into a bowl and carefully pour over the hot pickling liquid. Leave to cool for 15 mins, then cover and chill for at least 1 hr. *Will keep chilled for up to two days.* For the tartare sauce, mix together all the ingredients, then cover and chill. *Will keep chilled for up to two days.*

2 Sift the flour and cornflour into a bowl, then stir through the salt. Make a well in the centre and whisk in the 0.0% beer to make a smooth batter. Cover and chill for 30 mins.

3 Heat the oil in a deep, heavy-based pan, no more than two-thirds full, until the oil reaches 190C on a cooking thermometer. If you don't have a thermometer, check the oil is ready by dropping a small cube of bread into the oil – it should turn brown in about 10 seconds. Dip each piece of cod into the batter to fully coat, then gently shake off the excess. Fry the fish in batches for 4 mins per batch, then remove using a slotted spoon and drain on kitchen paper.

4 Warm the tortillas in a low oven or in a dry frying pan. Spread over the tartare sauce, then add the fish and top with the pickled onions and shredded lettuce, plus a dash of hot sauce, if you like.

GOOD TO KNOW folate · 1 of 5-a-day PER SERVING 841 kcals · fat 41g · saturates 3g · carbs 76g · sugars 12g · fibre 8g · protein 34g · salt 1.8g

TWIST IT

SALMON TACOS

- *Swap the cod loins for **4 skinless salmon fillets**, cut into chunks, in step 3. For added heat to balance the richness of the fish, just mix in ½-**1 tbsp chipotle chilli paste** in step 1.*

KING PRAWN & SQUID TACOS

- *Use **400g king prawns or squid rings** instead of the cod, or a combination of the two. Deep-fry for 2-3 mins in step 3.*





Self-saucing sticky toffee chocolate pudding

Sticky toffee pudding is a dessert well-loved by the nation and rightly so. Now, think of that sticky date, caramel-like, fudgy sponge, but add in a generous helping of chocolate chunks and lashings of chocolate sauce for the ultimate comforting dessert. You don't even have to make the sauce separately, so this is ideal for late-night sweet cravings.

Liberty Mendez

SERVES 8-10 **PREP** 20 mins plus 30 mins soaking **COOK** 40 mins **EASY** V

200g pitted medjool dates
100g unsalted butter, softened, plus extra for the dish
75g demerara sugar
75g dark brown soft sugar
2 large eggs
250g plain flour
1 tsp bicarbonate of soda
1 tbsp baking powder
100g dark chocolate, roughly chopped
vanilla ice cream or custard, to serve

For the sauce

200ml double cream
75g unsalted butter, cubed
200g dark brown soft sugar
30g cocoa powder

1 Put the dates in a bowl and pour in 300ml boiling water. Leave to soak for 30 mins. Meanwhile, make the sauce by tipping all the ingredients, a big pinch of salt and 300ml boiling water into a pan, then whisk over a medium heat and simmer for 2 mins. Pour into a jug and leave to cool slightly. Once the dates are soaked, use a hand blender to blitz the dates and water to a smooth paste. Leave to cool slightly. Butter a deep 35 x 25cm dish.

2 Heat the oven to 180C/160C fan/gas 4. Beat together the butter and sugar for 3 mins until smooth. Add the eggs, one at a time, beating between each addition. Fold in the flour, bicarb and baking powder along with a pinch of salt. Once combined, mix in the date purée, then fold in the dark chocolate. Pour the sponge batter into the prepared dish and spread out evenly using the back of a spoon. Pour the chocolate sauce evenly over the top.

3 Bake in the oven for 30-35 mins until risen, then leave to rest for 2 mins. Serve warm with a big scoop of ice cream or warm custard.

PER SERVING (10) 604 kcals • fat 32g • saturates 19g • carbs 72g • sugars 50g • fibre 4g • protein 7g • salt 0.7g





Chicken arrabbiata stew & parmesan dumplings

My nan always used to make fat, fluffy dumplings with stew on cold winter nights, which we'd eat out of deep bowls. My modern take combines a rich Italian classic tomato alla arrabbiata with cheesy dumplings. This dish is easy to make and could be whipped up on a weeknight. If you're cooking it for children, reduce the chilli or take it out completely. You could also swap the parmesan for mature cheddar.

Esther Clark

SERVES 4-6 **PREP** 30 mins
COOK 1 hr **EASY** ❄

2 tbsp olive oil
1 onion, thinly sliced
8 skinless and boneless chicken thighs, halved
2 large garlic cloves, crushed
1-1½ tsp chilli flakes
4 tbsp sun-dried tomato pesto
250ml chicken stock
2 x 400g can chopped tomatoes
5 thyme sprigs, tied
2 tsp sugar
½ small bunch of parsley, finely chopped

For the dumplings
80g cold unsalted butter, cubed
150g self-raising flour
80g parmesan, grated
50-60ml milk

1 Heat the oil in a large shallow casserole dish. Fry the onion over a low-medium heat for 7 mins or until soft and turning translucent. Turn up the heat slightly, add the chicken and fry for 5 mins until beginning to brown around the edges. Tip the garlic and chilli into the casserole and fry for 1 min. Stir through the pesto, pour in the stock and tomatoes, then add the thyme, sugar and some seasoning. Add the chicken back to the pan, turn the heat to low and cover with a lid. Cook gently for 40 mins. Remove the thyme and check the seasoning.

2 Heat the oven to 200C/180C fan/gas 6. To make the dumplings, put the butter and flour in a bowl with ½ tsp fine salt, then rub the butter into the flour with your fingertips until it resembles fine breadcrumbs. Mix in 50g of the cheese and pour in 50ml of the milk, then swiftly combine with a cutlery knife until everything is well distributed and you have a soft dough (add more milk if it's too dry). Briefly bring the dough together on a work surface, then divide into eight balls.

3 Arrange the dumplings over the stew, then scatter each with the remaining cheese. Put in the oven and bake, uncovered, for 25 mins or until the dumplings are doubled in size and golden brown. Scatter over the parsely and serve.

GOOD TO KNOW calcium • 1 of 5-a-day
PER SERVING (6) 512 kcals • fat 33g • saturates 14g • carbs 29g • sugars 9g • fibre 4g • protein 24g • salt 1.4g

MAKE IT VEGGIE

AUBERGINE ARRABBIATA STEW

● *Try making this stew with succulent chunks of aubergine instead of the chicken. Cut **2 medium aubergines** into 3cm chunks. Fry for 7 mins instead of 5 in step 1. Simmer the sauce for 5 mins to reduce the liquid slightly before putting the lid on and continue as per the original recipe. Swap out the parmesan for a **vegetarian Italian-style cheese** or strong cheddar.*

family

eat more veg!

Get everyone eating their five-a-day all week long with these vibrant veg-packed, easy-to-make meals

recipes MELISSA THOMPSON *photographs* MIKE ENGLISH





Back when I had to smuggle vegetables into my greens-averse daughter, I concocted ways to secretly pack meals with good stuff. My ragu contains more veg than meat, but it's chopped small and cooked down, so no one will ever know. I double the recipe and freeze it for quick midweek dinners. And, my fridge-raid fried rice, below, is really quick and versatile – you can use most veg from the fridge, and it's a surefire winner.

Fridge-raid fried rice

SERVES 4 **PREP** 15 mins
COOK 15 mins **EASY**

2 tbsp vegetable oil
1 white onion, finely chopped
1 carrot, finely chopped
100g green beans, chopped
1 red or yellow pepper, finely chopped
½ medium broccoli, chopped into small florets
150g cooked chicken (or any other meat), roughly chopped
300g cold cooked rice
2 eggs, beaten
1 tbsp each sesame oil and oyster sauce
1 spring onion, finely sliced
1 tsp toasted sesame seeds

1 Heat half the vegetable oil in a wok or a frying pan over a medium-high heat, and stir-fry the onions, carrots and green beans for 5 mins. Add the peppers, broccoli and chicken, and stir-fry for 3 mins more.
2 Tip in the rice and stir-fry for another 4 mins until all the grains of rice have separated. Push the rice and vegetables to the side, then add the remaining vegetable oil to the other. Crack in the egg and scramble briefly before stirring into the veg and chicken mixture.
3 Stir in the sesame oil and oyster sauce to coat, then garnish with the spring onions and sesame seeds.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 2 of 5-a-day
PER SERVING 388 kcals • fat 20g • saturates 3g • carbs 29g • sugars 7g • fibre 7g • protein 20g • salt 0.6g

Chicken wraps

MAKES 4 **PREP** 12 mins plus resting
COOK 20 mins **EASY**

1 aubergine, trimmed and sliced into 5mm rounds
½ red onion, thinly sliced
1 tbsp olive oil
½ tbsp cider vinegar
2 tbsp natural yogurt
1 tbsp tahini
1 small garlic clove, crushed
1½ tsp cumin powder
½ tsp ground coriander
1 tsp paprika
2 chicken breasts
1 tbsp vegetable oil
4 flour tortilla wraps
4 tomatoes, thinly sliced
1 avocado, stoned, peeled and sliced

1 Heat a dry griddle pan over a medium-high heat, and fry the aubergine rounds for 2 mins on each side until lightly coloured and char lines appear (you may need to do this in batches). Transfer to a bowl with the onions, then toss with the olive oil and vinegar.
2 Combine the yogurt, tahini and garlic in a bowl with 1 tbsp water to loosen. Mix the cumin, coriander, paprika and some salt and pepper in a small bowl. Put the chicken on a board, cover with baking parchment and bash with a rolling pin to an even 1½cm thickness. Rub with the spice mix, leave for 10 mins, then fry in the oil for 12 mins, flipping after 8 mins. Transfer to a board, rest briefly, then slice.
3 Warm the wraps in a dry frying pan, then fill with the tomatoes, aubergine and onion mix, avocado, chicken and tahini dressing.

GOOD TO KNOW balanced • low cal • fibre • 3 of 5-a-day
PER SERVING 429 kcals • fat 18g • saturates 4g • carbs 38g • sugars 8g • fibre 8g • protein 24g • salt 1.1g





Chickpea, spinach & almond butter bowl

SERVES 2 **PREP** 5 mins
COOK 20 mins **EASY** V

vegetable oil, for frying
1 large onion, finely chopped
3 garlic cloves, crushed
2½cm piece of ginger, peeled and grated
1 tsp ground coriander
2 tsp ground cumin
1 tsp ground turmeric
½ tsp fenugreek seeds
400g can chickpeas, drained and rinsed
300ml vegetable stock
2 tbsp unsalted almond butter
200g spinach, roughly chopped
cooked rice, to serve

1 Heat some oil in a pan over a medium heat and fry the onions for 5 mins. Add 50ml water and cook for 7 mins more until just brown. Add the garlic and ginger.
2 Combine the coriander, cumin, turmeric, fenugreek seeds and some pepper with 2 tbsp water, and tip into the pan. Cook for 5 mins more, then stir in the chickpeas.
3 Stir in the stock and almond butter, then add the spinach and cook for 3-5 mins more until the spinach has wilted. Serve over rice.

GOOD TO KNOW calcium • folate • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 356 kcals • fat 14g • saturates 1g • carbs 33g • sugars 10g • fibre 14g • protein 18g • salt 0.5g



Tomato & halloumi slice

SERVES 4-6 **PREP** 15 mins
COOK 50 mins **EASY** V

400g cherry tomatoes, halved
1 yellow pepper, thinly sliced
2 tbsp olive oil
400g halloumi, cut into 5mm slices
500g block puff pastry
flour, for dusting
2 tbsp soft cheese
3 tsp milk
1 garlic clove, finely grated
1 egg yolk
handful of basil leaves, to serve

1 Heat the oven to 160C/140C fan/gas 3. Arrange the tomatoes and peppers on a baking tray in a single layer. Drizzle with half the oil, season with salt and roast for 25 mins.
2 Meanwhile, heat a griddle pan over a medium heat. Lightly brush the halloumi with the remaining oil and griddle for 6 mins. Flip and cook for 3 mins more. Remove from the heat.
3 Roll the puff pastry out on a lightly dusted surface to roughly 32 x 22cm, and about 1cm thick. Transfer to a large baking tray lined with baking parchment and score a 2cm border around the edges. Combine the soft cheese, 2 tsp milk and the garlic, and spread inside the border.
4 Turn the oven to 200C/180C fan/gas 4. Tip away any liquid from the tray of roasted veg, then arrange the veg over the soft cheese mix. Lay the halloumi on top. Mix the egg yolk and remaining milk, then brush this over the border. Bake for 25 mins until the pastry is golden and risen. Scatter over the basil and serve immediately.

GOOD TO KNOW calcium • vit c • 1 of 5-a-day
PER SERVING (6) 622 kcals • fat 44g • saturates 23g • carbs 32g • sugars 6g • fibre 4g • protein 22g • salt 2.8g



Hidden veg ragu

SERVES 6 **PREP** 10 mins
COOK 1 hr 20 mins **EASY** ❄

4 garlic cloves
1 red onion, roughly chopped
1 white onion, roughly chopped
2 celery sticks, roughly chopped
2 small carrots, roughly chopped
2½ tbsp olive oil
250g beef mince
250g pork mince
2 tbsp balsamic vinegar
400g can plum tomatoes
400g tomato passata
2 tbsp tomato purée
400ml chicken or beef stock
cooked short pasta, to serve

1 Peel the garlic cloves and tip into a food processor with the onions, celery and carrots. Blitz until finely chopped. Heat 2 tbsp oil in a frying pan over a medium heat, and fry the veg mix until soft and translucent, about 20 mins. Meanwhile, heat the remaining oil in a second pan and fry all the mince until just brown, about 15-20 mins. Stir the vinegar into the mince, then season and stir into the fried vegetable mix.
2 Tip in the tomatoes, passata, tomato purée and stock. Reduce the heat to medium-low, cover and cook for 1 hr. After 30 mins (or once the oil separates), uncover so the ragu thickens. *To freeze, cool completely, then pack into freezerproof containers. Will keep frozen for up to three months.* Serve over pasta.

GOOD TO KNOW 2 of 5-a-day
PER SERVING 281 kcals • fat 16g • saturates 5g • carbs 12g • sugars 11g • fibre 4g • protein 20g • salt 0.6g

Shoot director JACK HUNTLEY | Food stylist KATY GILHOOLY | Stylist LAUREN MILLER

Just 5 ingredients

Impress your friends and family with this super-easy custardy, fruity bake for brunch or Mother's Day

recipe ESTHER CLARK *photograph* MELISSA REYNOLDS-JAMES



Blueberry & lemon croissant bake

SERVES 8 as dessert or 6 as brunch
PREP 12 mins plus 1 hr soaking
COOK 40 mins **EASY** V

6 large croissants (leftover stale croissants work well)
500g ready-made custard
250ml whole milk
150g lemon curd
250g fresh or frozen blueberries
icing sugar, to serve (optional)

1 Cut each of the croissants in half, then arrange them roughly, overlapping them slightly, in a deep medium baking dish about 20 x 20cm.
2 Pour the custard into a small saucepan and whisk in the milk. Warm over a low heat for 3 mins or until just starting to steam. Whisk through half the lemon curd. Pour the custard over and around the croissants, then set aside for 30 mins-1 hr for the croissants to absorb some of the custard.
3 Heat oven to 180C/160C fan/gas 4. Nestle the bluerries around the croissants and dollop over teaspoons of the remaining lemon curd. Bake for 35-40 mins or until the top is golden brown. Rest for 10 mins before dusting with icing sugar, if you like.

PER SERVING (8) 321 kcals • fat 13g • saturates 7g • carbs 43g • sugars 21g • fibre 3g • protein 7g • salt 0.5g

*For this five-ingredient recipe series, we assume you already have storecupboard staples like sugar

Shoot director SARAH BIRKS | Food stylist EMILY JONZEN | Stylist JENNY IGGLEDEN

health

Delicious recipes and top nutrition tips



5 healthy ways

Salmon page 64

quick fix

healthy in a hurry, page 66

5 healthy ways

salmon

Rich in omega-3 and quick to cook, salmon makes for an easy, nutritious supper. Try one of our delicious recipes using this popular fish



1 Prawn & salmon burgers with spicy mayo

SERVES 4 PREP 15 mins
COOK 10 mins EASY

Briefly blitz **90g raw prawns**, peeled, **2 skinless salmon fillets**, **3 roughly chopped spring onions**, the **zest of 1 lemon** and **½ small bunch of coriander** in a food processor until it forms a coarse paste. Tip into a bowl, stir in another 90g raw prawns, peeled and roughly chopped, and another 2 skinless salmon fillets, cut into small chunks. Season well and shape into four burgers. Chill for 10 mins. Mix **60g mayonnaise** with **4 tbsp chilli sauce**, season and add some **lemon juice** to taste. Toss **2 shredded Little Gem lettuces** with **1 cucumber**, peeled into ribbons, then dress with a little lemon juice and **1 tsp olive oil**. Set aside. Heat 1 tbsp olive oil in a large frying pan and fry the burgers for 3-4 mins on each side or until they have a nice crust and the fish is cooked through. Serve with the cucumber salad on the side or in toasted burger buns, if you like, with a good dollop of the spicy mayo.

GOOD TO KNOW healthy • omega-3 • 2 of 5-a-day
PER SERVING 504 kcals • fat 36g • saturates 5g • carbs 4g • sugars 4g • fibre 3g • protein 39g • salt 0.7g

2 Lemon-dressed salmon with leek & broad bean purée

SERVES 2 PREP 10 mins
COOK 20 mins EASY

Mix the **zest and juice of ½ lemon** with **1 tbsp capers**, drained, and **1 tbsp rapeseed oil**. Set aside. Cook **1 large leek**, sliced, in a pan of boiling water with **200g frozen baby broad beans** and a little salt for 6-8 mins until tender. Transfer the veg to a bowl using a slotted spoon, set aside, then add **250g spinach** to the pan and wilt for 1-2 mins. Meanwhile, heat 1 tsp rapeseed oil in a non-stick pan over a medium heat and fry **2 skin-on wild salmon fillets**, skin-side down, for 4 mins. Turn and cook for 2-4 mins more, or until just cooked. Add a couple of spoonfuls of the broad beans to the lemon dressing, then, using a hand blender or small food processor, blitz the rest of the broad beans with the leeks to a purée, adding a splash of cooking water if it's too thick. Drain the spinach well and divide between plates, then spoon on the purée, and top with the salmon. Spoon over the lemon dressing, scatter over some **basil leaves** and serve with **170g boiled baby potatoes.**

GOOD TO KNOW healthy • calcium • folate • vit c • iron • omega-3 • 3 of 5-a-day • gluten free
PER SERVING 525 kcals • fat 25g • saturates 4g • carbs 28g • sugars 5g • fibre 16g • protein 40g • salt 0.5g

3 Sesame salmon, purple sprouting broccoli & sweet potato mash

SERVES 2 PREP 10 mins
COOK 15 mins EASY

Heat the oven to 200C/180C fan/gas 6 and line a baking tray with baking parchment. Combine **½ tbsp sesame oil**, **1 tbsp soy sauce**, a **thumb-sized piece of ginger**, peeled and grated, **1 garlic clove**, crushed, and **1 tsp honey**. Put **2 sweet potatoes**, unpeeled and cut into wedges, into a heatproof bowl with **1 lime**, cut into wedges. Cover and microwave on high for 12-14 mins until completely soft. Meanwhile, arrange **250g purple sprouting broccoli** and **2 boneless, skinless salmon fillets** on the baking tray. Spoon over the marinade, season and roast for 10-12 mins. Sprinkle over **1 tbsp sesame seeds**. Remove the lime wedges from the sweet potatoes, and roughly mash the potatoes using a fork. Combine the potatoes with **½ tbsp sesame oil**, **1 finely sliced red chilli** and some seasoning. Divide the mash between plates with the salmon and broccoli.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • omega-3 • 2 of 5-a-day
PER SERVING 463 kcals • fat 22g • saturates 4g • carbs 29g • sugars 15g • fibre 10g • protein 32g • salt 1.1g



Salsa verde salmon with smashed chickpea salad

4 Scandi beetroot & salmon pasta

SERVES 1 PREP 10 mins
COOK 15 mins EASY

Cook **50g wholemeal fusilli** following pack instructions. Drain. Mix **1 tbsp fat-free Greek yogurt** with 1 tbsp water, then toss with the pasta, **1 cooked beetroot**, cut into wedges, **½ small avocado**, stoned and cut into cubes, **2 sliced baby cucumbers**, **2 tbsp chopped dill** and **1 heaped tsp creamed horseradish**. Season. Mix through **50g poached salmon**, flaked, and **30g rocket**, and serve.

GOOD TO KNOW low cal • calcium • folate • fibre • omega-3 • 3 of 5-a-day • gluten free
PER SERVING 453 kcals • fat 18g • saturates 3g • carbs 43g • sugars 13g • fibre 11g • protein 24g • salt 0.9g

5 Salsa verde salmon with smashed chickpea salad

SERVES 2 PREP 15 mins
COOK 20 mins EASY

Heat the grill to high. Whisk **1 tsp olive oil** with the **zest of 1 orange**, a **splash of the juice** and some seasoning. Put **2 skin-on salmon fillets**, skin-side down, on a non-stick baking tray and pour over the marinade. Leave to marinate at room temperature. Put a **small bunch of parsley**, **½ tbsp Dijon mustard**, **½ finely chopped shallot**, **½ tbsp red wine vinegar**, 1 tsp olive oil, and the remaining orange juice in a small food processor and blitz to a thick sauce, adding a splash of water to loosen if needed. Heat 1 tsp olive oil in a frying pan and fry ½ finely chopped shallot for 5 mins. Stir in a **400g can chickpeas**, drained, and season. Turn up the heat and stir until the chickpeas are just crisp. Mash roughly and stir in **2 roasted red peppers from a jar**, chopped, and **50g kale**. Add a splash of water and cover until the kale is wilted. Keep warm. Grill the salmon for 4-6 mins until cooked to your liking. Divide the mash between plates, and top with the salmon and salsa.

GOOD TO KNOW healthy • folate • fibre • vit c • iron • omega-3 • 3 of 5-a-day • gluten free
PER SERVING 594 kcals • fat 31g • saturates 5g • carbs 27g • sugars 4g • fibre 10g • protein 47g • salt 0.6g

quick fix

healthy in a hurry

Even if you have a busy day ahead, you can still make time for nutritious meals. Try our three hassle-free dishes, all on the table in 20 minutes or less

recipes SOPHIE GODWIN *photograph* ROB STREETER

Breakfast

Porridge with quick berry compote, figs & pistachios

FIBRE · VIT C · 1 OF 5-A-DAY

SERVES 2 **PREP** 5 mins **COOK** 5 mins **EASY** V

- 150g porridge oats
- 100ml milk
- 120g frozen berries
- ½ orange, zested and juiced
- 1 fig, sliced
- 1 tbsp pistachios, toasted and chopped

1 Put the oats, milk and 450ml water in a pan with a pinch of salt. Cook for about 5 mins until thick and creamy. Meanwhile, microwave the berries, orange juice and zest for 2-3 mins.
2 Divide the porridge between bowls and top each with the berry compote, fig and pistachios.

GOOD TO KNOW healthy • fibre • vit c • 1 of 5-a-day
PER SERVING 412 kcals • fat 10g • saturates 2g • carbs 62g • sugars 10g • fibre 9g • protein 13g • salt none

Lunch

Herby Persian frittata

GLUTEN FREE · VIT C · 2 OF 5-A-DAY

SERVES 2 **PREP** 10 mins **COOK** 10 mins **EASY** V

- 3 eggs
- ½ tsp baking powder
- ¼ tsp turmeric
- 1 small pack of coriander and parsley, roughly chopped
- ½ small pack dill, roughly chopped
- 4 spring onions, thinly sliced
- 1 tbsp currants or barberries, if you can find them
- 1 tbsp toasted walnuts (optional), roughly chopped
- 1 tbsp cold pressed rapeseed oil
- 30g feta, crumbled

1 Heat grill to high. Whisk the eggs together in a large bowl, add the baking powder and turmeric, then season with salt and pepper. Stir in most of the herbs, then add the spring onions, currants and walnuts.
2 Drizzle the oil into a small ovenproof, non-stick frying pan over a medium heat. Pour in the herby egg mixture and cook for 8-10 mins until the egg is nearly set, then put the frittata under the grill for a final minute until cooked through. Sprinkle over the remaining herbs and the crumbled feta to serve.

GOOD TO KNOW healthy • low cal • folate • vit c • 2 of 5-a-day • gluten free
PER SERVING 198 kcals • fat 11g • saturates 2g • carbs 9g • sugars 6g • fibre 3g • protein 14g • salt 0.7g

Shoot director MARTIN TOPPING | Food stylist SOPHIE GODWIN



Dinner

Steak, beetroot, horseradish & warm lentil salad

CALCIUM · IRON · 4 OF 5-A-DAY

SERVES 2 **PREP** 10 mins **COOK** 10 mins **EASY**

- 1 tbsp hot horseradish sauce
- 2 tbsp Greek yogurt
- ½ tsp honey
- 1 lemon, juiced
- 200g fillet steak
- 1½ tbsp cold pressed rapeseed oil
- 2 garlic cloves
- 200g frozen peas
- 250g pouch pre-cooked puy lentils
- 120g runner beans, sliced
- 200g pre-cooked beetroot, cut into wedges
- ½ small pack dill, chopped
- two handfuls rocket

1 Whisk together the horseradish, yogurt and honey. Season and add lemon juice to taste.
2 Season the steak on all sides with a little salt and black pepper. Heat 1 tbsp oil in a non-stick frying pan. Add the steak and cook to your liking, 2-3 mins on each side for medium rare. Set aside to rest.
3 Put the pan back on the heat, add the remaining oil, lightly crush in the garlic, then tip in the peas, lentils, beans and beetroot. Cook for a few mins, stirring, until the peas and beetroot are warmed through. Remove from the heat, then stir through the remaining lemon juice, dill and rocket.
4 Thinly slice the steak. Divide the lentil salad between two plates, nestle in the steak and drizzle over the dressing.

GOOD TO KNOW healthy • low cal • calcium • folate • iron • 4 of 5-a-day
PER SERVING 496 kcals • fat 13g • saturates 4g • carbs 44g • sugars 20g • fibre 16g • protein 42g • salt 1.6g

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BBC goodfood Middle East

GOURMET LIFESTYLE



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THE SUITE LIFE

The lavish Dukes The Palm, a Royal Hideaway Hotel, located on the iconic Palm Jumeriah, is the idyllic setting for a mid-term family break





Dukes The Palm is situated directly opposite Nakheel Shopping Centre, and upon arrival, it's impossible to ignore the British-inspired architecture, design and art in the hotel lobby. It certainly radiated a regal feeling that ultimately set the tone for the duration of our stay.

The stunning hotel boasts many traits, but the overriding feeling was one of elegance, excellence and of course luxury, which is the distinguishing hallmark of the Royal Hideaway brand.



What was also noticeably obvious was the measures that were in place concerning regulations and protocols with the ongoing COVID-19 pandemic. The hotel took temperature checks upon arrival, providing clear messaging on social distancing requirements, and a strict insistence from staff for guests to adhere to wearing their masks. This immediately put my pregnant wife's mind at ease, allowing us to relax and enjoy our stay knowing the hotel was doing everything in their utmost power to keep us and all their patrons safe.

ACCOMMODATION

We were delighted to be informed that we had been upgraded to a Junior Suite. Similar to the reception area, the art and overall décor of the room exemplified a very British style, infused with the feeling of a cosmopolitan London apartment overlooking Canary Wharf, and that of an aristocratic Victorian home.

We didn't have a balcony, but maybe that was a blessing in disguise, as there was a nearby construction job ongoing. It's important to note that the noise was minimal and never impacted our stay. The communal area of our suite offered stunning views of the bustling Dubai Marina and Palm Jumeriah, as the sun set on another beautiful afternoon in Dubai.

As for the furnishings, the king-sized bed was incredibly comfortable and spacious, which was needed as my wife takes up a little bit more room these days - I hope she doesn't read this!

CULINARY OFFERINGS

Khyber Restaurant, located on the 15th floor of the hotel, was our venue of choice for dinner. We were provided with an outside























table upon request, where once again, we took in the panoramic views of the stunning Palm Jumeriah that dazzled in the moonlit sky. It was the perfect setting for a romantic evening.

The menu at Khyber enables you to enjoy the Mumbai experience in Dubai, through its authentic flavours and unique décor. For starters, we were served Afghani murgh tikka, a delicious chicken thigh marinated in coriander, spiced yoghurt, pomegranate, and finished in tandoor, and Salmon Sehzadi, tandoor roast salmon marinated with saffron yoghurt and honey. Both were cooked to perfection and bursting with flavour, but as a fish lover, the salmon was divine and had me pleading for more!

Mutton champaran, Malvani chicken curry, zafrani paneer korma, dal dhaba and pulao followed and that represented, as stated above, a real diversification of textures and flavours. The standout dish by a considerable amount was the paneer korma made up of cottage cheese in a rich, creamy saffron sauce. It was sensational! I was a little disappointed with the lamb, as it was slightly overdone, but the other dish that accentuated outstanding flavour was the Khatti berry ka pulao, fragrant basmati rice cooked on a slow fire, topped with cranberry and rose water. This complemented the tantalizing Malvani chicken curry too.

For dessert, we shared rabri, rose ice cream and gulab jamun - all surprisingly light. The finale perfectly cemented our meal, which was outstanding from start-to-finish.

Before we made our way around the hotel to check out the outdoor and indoor pools, the next morning, we had the opportunity to sample the breakfast buffet at the Great British Restaurant. At your typical buffet, pre-COVID, there would be a scramble towards certain food stations. However, the professionalism of the staff, and the operations they have in place around social distancing, must be commended. There was no congestion of any sort and the whole process was extremely seamless.

> **“I couldn’t fault the quality of food and the professionalism of the staff”**

We both opted for a fruit salad to kickstart our morning, and the selection of fresh fruit and yoghurts hit the spot. We stopped by the eggs station for fresh omelettes, followed by French Toast, pancakes and waffles.

I couldn’t fault the quality of the food and the excellence and professionalism of the staff at the Great British Restaurant. It was the perfect ending to a great staycation.

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BBC goodfood Middle East MAGAZINE AWARDS 2020

Comprised of 56 individual categories, the BBC Good Food Middle East Magazine Awards honour the best in food from across the region, voted by our readers over a six-month period. The awards are a true representation of consumer favourites, based on an establishment's food quality, price, ambience and service.

Due to the ongoing COVID-19 pandemic, CPI Media Group made the decision to cancel the BBC Good Food Middle East Magazine Awards 2020 ceremony to ensure our attendees' safety. As we all know, this annual gala brings together chefs, restaurateurs and individuals associated with the hospitality industry in the Middle East. Over the last decade, this highly-anticipated gathering has become a place to catch up with old friends, meet leading tastemakers, and indulge in the best of culinary offerings. Not to mention, cheer on our local favourites.

Here, we share the best of culinary across the Middle East.

We look forward to seeing you next year!

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The Abu Dhabi EDITION



Oak Room



Azure Beach



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Friday 'B Brunch, Ajman Saray



Bab Al Bahr Beach Bar & Grill, Ajman Saray



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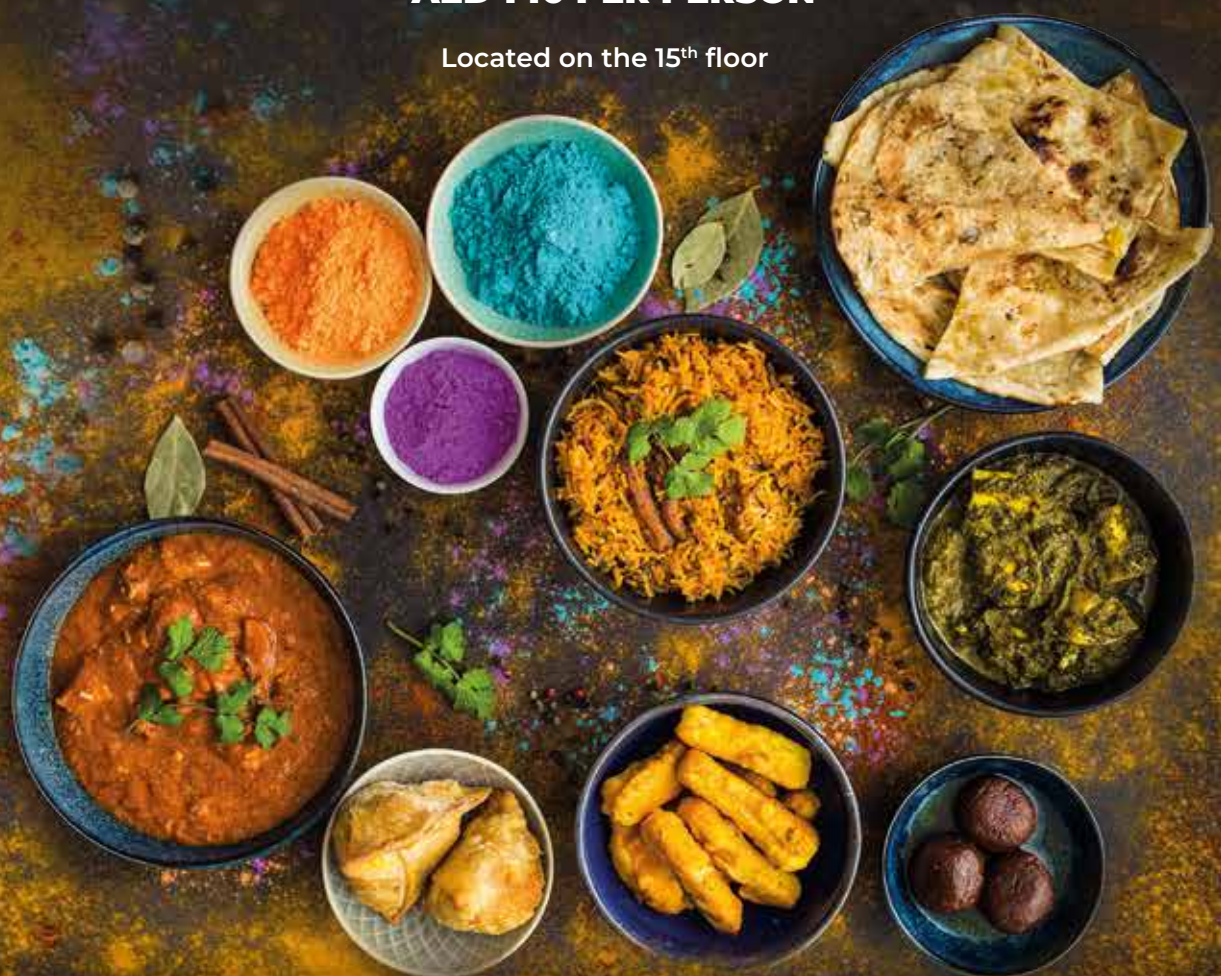
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COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs



A GIFT VOUCHER FROM THREE COFFEE WORTH AED1,000

This UAE-based, homegrown speciality and sustainable roaster concept launched with a simple mission in mind: to make speciality coffee accessible to all. A perfect cup with THREE Coffee lies within their three distinct categories of Browns, Purples or Greens. Visit their website to try the interactive online quiz and find the ideal 'coffee colour' for you. THREE Coffee is giving one coffee lover a chance to win AED1,000 worth of coffee.



A NIGHT'S STAY AT DOUBLETREE BY HILTON - DUBAI BUSINESS BAY, WORTH AED650

DoubleTree by Hilton – Dubai Business Bay, a contemporary hotel located in the heart of Dubai, offers the finest hospitality experience and stunning views of the Burj Khalifa. The hotel features a fitness centre, outdoor pool and five dining outlets. Close to Dubai's top attractions, guests can visit Burj Khalifa, The Dubai Mall, and the Dubai Opera. One winner will get a one night's stay at the King Guest room and breakfast for two.



A MEAL FOR TWO AT THE ELOQUENT ELEPHANT WORTH AED500

The award-winning British gastropub, located on the ground floor of Taj Dubai, features a relaxed indoor area with an eclectic design and cosy outdoor terrace with Burj Khalifa views. Enjoy an array of craft hops whilst indulging in a menu of contemporary British dishes and international classics. The menu showcases all-time favourites including fish and chips, The Mighty Elephant burger, and Elephant curry. One winner will get to experience a meal for two.



GIFT VOUCHER FROM SIMPLY KITCHEN WORTH AED500

This Mother's Day, set your table in style with Simply Kitchen's exquisite dinnerware range. From sophisticated pots to delicate teacups, the collection features ornately designed cutlery sets in vibrant, trending colours. With three locations in the UAE, Simply Kitchen offers trending kitchenware and seasonal items from tableware and pans to utensils, food storage and retro-inspired collections. One lucky winner will get to shop at this speciality retailer.



FAMILY ESCAPE AT AL JADDAF ROTANA SUITE HOTEL WORTH AED500

Escape the hustle and bustle of city life and enjoy a weekend of calm and comfort at Al Jaddaf Rotana Suite Hotel. The hotel is conveniently located a stone's throw away from attractions such as the Cultural District, the Dubai Mall and Wafi Mall. One winner will get a night's stay for two adults and two children in a spacious Family room, along with a hearty breakfast for all.



CAFÉ SOCIETY OFFERS A DINING EXPERIENCE WORTH AED500

Café Society is a space that combines art deco interiors and artistic expression with sophisticated dining. Whether you're in the mood for a cosy breakfast, a hearty lunch or a light dinner, visit the restaurant for creative culinary fare and a chic 1920's-style setting that offers a throwback to the golden years of socialising. One lucky winner will win a dining experience at this sophisticated eatery.



DINNER AT COUQLEY FRENCH BISTRO & BAR WORTH AED500

This French bistro with a cosy ambience is offering one winner the chance to indulge in sumptuous French cuisine. Step into this little slice of Paris, and tuck into freshly baked French bread, classic bistro and homestyle French dishes such as escargots de Bourgogne, the signature Couqley's steak frites, and the renowned pain perdu dessert. Bon appétit!



FESTIVAL PLAZA, JEBEL ALI GIFT CARD WORTH AED500

Feastival by Festival Plaza is here for you to experience a variety of cuisines and unique experiences for the month of March, where there are a host of prizes up for grabs. From IKEA's delish Swedish meatballs and Marks & Spencer's afternoon tea to steak at Famous Dave's and Japanese bites at Sumo Sushi & Bento – there's something for everyone. One winner will receive a gift card to spend at Festival Plaza.

To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.









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